

# GABA Calm

*Supports Positive Mood and Relaxation*



## DESCRIPTION

GABA Calm is a combination of L-Theanine and GABA (gamma-aminobutyric acid), two naturally occurring agents that have been shown to support positive mood, relaxation, and relieve mental tension.

## FUNCTIONS

According to statistics released by the National Institutes of Mental Health, over 19 million Americans suffer from an anxiety disorder. L-Theanine is a unique amino acid found in green tea. Green tea has traditionally been used for centuries to help promote relaxation. Relaxation can be determined by measuring weak electric pulses on the surface of the brain known as brain waves. Alpha waves are associated with a state of relaxation without drowsiness. In one study, 200mg of theanine generated alpha waves in the occipital and parietal regions of the brain. No adverse side effects were reported in the study. Other studies have indicated that the intensity of alpha waves generated is dose dependent upon the amount of theanine administered, and that theanine can reach the brain within 30 minutes after oral administration to generate overall relaxation.

GABA is the primary inhibitory neurotransmitter in the central nervous system, playing a central role in regulating cell-to-cell communication. Healthy levels of GABA have been associated with positive mood. Prescription drugs such as Valium, Baclofen, Valproate and Neurontin work by causing an increase of GABA production in the brain. A 2006 study evaluated the effect of orally administered GABA on relaxation and immunity during stress in humans. The study demonstrated that GABA enhances alpha wave production in the brain to promote relaxation and moderate occasional stress. The conclusion of the study suggested that GABA could work effectively as a natural relaxant and its effects could be seen within one hour of administration to induce relaxation and diminish anxiety. Noted also in the study, GABA supported healthy IgA levels in humans, suggesting that it may support immune health during occasional stress conditions.

## INDICATIONS

GABA Calm may be a useful dietary supplement for individuals searching for relaxation and relief from mental tension.

## FORMULA (WW #10358)

### Two Capsules Contain:

GABA (gamma-aminobutyric acid)..... 550 mg  
L-Theanine ..... 200 mg  
Other Ingredients: Rice flour, vegetable capsule, magnesium stearate (vegetable source), silicon dioxide.

## SUGGESTED USE

As a dietary supplement, adults take two capsules daily, or as directed by a healthcare professional.

## SIDE EFFECTS

Caution: If pregnant, nursing, or taking medication, consult a healthcare professional before use.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured For:

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