



# GABA

## INTRODUCED 2008

### What Is It?

Gamma-aminobutyric acid (GABA) is the primary inhibitory neurotransmitter in the central nervous system. Studies indicate that it promotes positive mood, supports relaxation and moderates occasional stress.\*

### Uses For GABA

**Relaxation and Positive Mood:** As the main inhibitory neurotransmitter for the central nervous system, GABA plays a central role in regulating cell-to-cell communication. Healthy levels have been associated with positive mood. A recent study indicates that GABA also enhances alpha wave production in the brain to promote relaxation and moderate occasional stress. In the same study, it supported healthy IgA levels, suggesting that it may support immune health during occasional stress.\*

### What Is The Source?

GABA (gamma-aminobutyric acid) is synthetic. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

### Recommendations

Pure Encapsulations recommends 1 capsule daily, between meals.

### Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. At this time, there are no known side effects or precautions. Consult your physician for more information.

### Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

#### GABA

each vegetable capsule contains  V 00

GABA (gamma-aminobutyric acid) .....	700 mg
ascorbyl palmitate (fat-soluble vitamin C) .....	10 mg

**1 capsule daily, between meals, or as directed by a health professional.**

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

For educational purposes only. Consult your physician for any health problems.