

## ***GABA Calming Support***

Do you have problems calming a restless mind? Dr. Daniel Amen, New York Times bestselling author of “Magnificent Mind at Any Age” and “Change Your Brain, Change Your Life” has developed GABA Calming Support, a combination of inhibitory neurotransmitters vital to quieting an overactive mind. Dr. Amen’s’ GABA Calming Support contains clinically-tested and natural Pharma GABA™ (gamma-amino-butyric acid) shown to promote relaxation by increasing calming, focused brain waves, while also reducing other brain waves associated with worry. Complimenting this clinically tested and natural substance are vitamin B6, magnesium and lemon balm, an herb traditionally known for its calming effects.

### **Ingredients**

**Pharma GABA™:** GABA or gamma-amino-butyric acid is an amino acid that regulates brain excitability and GABA supplements tend to be calming to the brain. GABA functions to inhibit the excessive firing of neurons which results in a feeling of calm.

**Mg<sup>+2</sup>:** Magnesium is a mineral important in energy production. It assists in calcium and potassium uptake in the body. A deficiency in magnesium can interfere in nerve cell firing, resulting in irritability and nervousness. Supplementing the body with magnesium can help with a sense of calm.

**B6:** Vitamin B6 (pyridoxine) is a water-soluble vitamin essential in the metabolism of amino acids, glucose, and fatty acids and is important in the production of neurotransmitters (serotonin, epinephrine, norepinephrine, and GABA). It is required by the nervous system and is needed for normal brain function as well as DNA synthesis.

### **Recommended Use:**

For children 50 to 100 pounds consult your health care practitioner.  
Over 100 pounds or an adult, use 1 to 2 capsules once or twice a day or as directed by your healthcare practitioner.

**Caution:** Use GABA Calming Support according to your weight and age.

**Servings per container: 45**

### **2 capsules contain:**

- GABA (from Pharma GABA™) 100 mg
- Vitamin B6 (pyridoxine HCL) 25 mg
- Magnesium (glycinate) 100 mg
- Lemon Balm extract (*Melissa officinalis*) 300 mg

\*Pharma GABA™ is a registered trademark of Pharma Food International.

Other Ingredients: Gelatin capsules (gelatin, water, glycerin), magnesium stearate, silicon dioxide and magnesium silicate.

Certificate of Analysis

This product does not contain wheat, yeast, gluten, eggs, dairy, corn, artificial colors, flavors, sugars, or preservatives.

STORE IN A COOL, DRY PLACE. 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.**