

***Neuro GABA 750*** (60 capsules)  
**\$17.95**

Do you have problems calming down a restless mind? Dr. Daniel Amen, New York Times bestselling author of “Magnificent Mind at Any Age” and “Healing Anxiety and Depression” has developed NeuroGABA, a combination of inhibitory neurotransmitters vital to quieting an overactive brain.

We recommend NeuroGABA for those individuals who are predisposed towards excessive worry and anxiety. If you are experiencing issues with nervousness and feelings of restlessness your brain might be overexcited, which can lead to irritability, tension, poor concentration and insomnia. If you are seeking a healthy, non-addictive means to address these issues, then NeuroGABA might be right for you. This supplement works to relax the central nervous system, thereby bringing an overall sense of calm and balance back to the body and brain.

### **Background**

**GABA** or gamma-aminobutyric acid is an amino acid that regulates brain excitability and GABA supplements are recommended for the treatment of anxiety and stress. GABA and GABA enhancers such as the anticonvulsant gabapentin, L-theanine (found in green tea) and ethanol (alcohol) function to inhibit the excessive firing of neurons which results in a feeling of calm. Low levels of GABA have been found in many psychiatric and neurological disorders including depression, schizophrenia and Alzheimer’s disease (Ref. 10,13-15). While clinical studies using GABA supplements are still limited (see below), studies using medications that enhance GABA, such as lorazepam and gabapentin, have been proven to effectively treat panic disorders, epilepsy and insomnia (Ref. 3,5,6,11,16). There is some question as to how easily GABA crosses the blood brain barrier, but evidence in the literature supports its efficacy. In addition, natural GABA supplements have not been shown to have side effects. We recommend one to three capsules of NeuroGABA 750 a day.

**Glycine** is also an inhibitory neurotransmitter, which means it calms brain activity. It is an important protein in the brain as it serves as a building block for DNA synthesis. Recent studies have demonstrated its effectiveness in the treatment of obsessive-compulsive disorder (Ref. 1) schizophrenia (Ref. 8) and in reducing neuropathic pain (Ref. 2).

### **Scientific Studies**

Dr. Abdou and his colleagues have reported that oral supplementation of GABA has been shown to increase alpha wave activity in the brain, which occurs when one is awake and in a relaxed state. These findings support the use of GABA for relaxation, stress reduction, and improved concentration (Ref. 4). GABA has also been shown to reduce blood pressure (Ref. 7) and is important in making brain connections (Ref. 9).

**Recommended Use:**

For children, 50 to 100 pounds consult your health care practitioner.  
Over 100 pounds or an adult, use 1 to 3 capsules dissolved in water daily.

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

**Servings per container: 60**

**Each capsule contains:**

- GABA (as gamma-aminobutyric acid) 750mg
- Glycine (as L-glycine) 25mg

**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.**

**References:**

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