

# GABA

Supports relaxation and moderates occasional stress<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Supports relaxation and moderates occasional stress<sup>†</sup>

## BENEFITS

- Promotes relaxation and moderates occasional stress<sup>†</sup>
- May support immune health during occasional stress<sup>†</sup>

## FEATURES

- Made with high-quality ingredients backed by verifiable science

## VERIFIABLE SCIENCE

GABA is the primary inhibitory neurotransmitter in the central nervous system, playing a central role in regulating cell-to-cell communication.<sup>1</sup> Healthy levels have been associated with positive mood.<sup>2</sup> 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.<sup>3†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 capsule daily, between meals, or as directed by a health professional.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

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

## NOTES

Size 00 caps  
 Bottle counts 60, 120  
 Order codes GAB6, GAB1  
 Bottle sizes 190 cc, 290 cc

## REFERENCES

1. Yoto A, et al. *Amino Acids*. 2012 Sep;43(3):1331-7.
2. Nakamura H, et al. *Int J Food Sci Nutr*. 2009;60 Suppl 5:106-13.
3. Abdou AM, et al. *Biofactors*. 2006;26(3):201-8.

## SUPPLEMENT FACTS

**1 capsule daily, between meals, or as directed by a health professional.**  
**Each (size 00) vegetarian capsule contains:**  
 GABA (gamma-aminobutyric acid) 700 mg  
 Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate



GABA	Quantity	Order Code
	120	GAB1
	60	GAB6

Visit PureEncapsulationsPro.com for more information about our GMO policy.

<sup>†</sup>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.