

GABA

500mg of pure GABA per capsule to support stress, sleep and mood.

Each capsule contains:

GABA (gamma-aminobutyric acid)

500 mg

90 vegetable capsules

Vegan. GMO, gluten, soy and dairy free.



Gamma-aminobutyric acid, most commonly referred to as GABA, is the major inhibitory neurotransmitter found in the human brain. It is responsible for calming the mind and balancing neurotransmission under excitatory conditions, acting as the “yin” to the many “yang” chemicals found in the central nervous system. Lower brain levels of GABA have been correlated with various mood disorders, sleep concerns and other neurological disorders. In fact, the widely used class of benzodiazepine drugs (such as diazepam and alprazolam) and sedative medications (such as zolpidem) exert their beneficial effects primarily by activating GABA receptors.

GABA can also be delivered as a standalone amino acid supplement to support these same psychiatric and neurological disorders. Studies indicate that GABA can improve

relaxation and concentration during times of stress, reduce sleep latency and increase time spent in deep sleep. This makes GABA particularly useful in individuals with difficulty initiating sleep because they cannot calm their racing mind. In addition to these neurological effects, GABA has been shown to produce a significant increase in growth hormone levels when supplemented in large bolus doses or when combined with whey protein and resistance exercise. One study of the latter combination showed improved lean muscle mass after 12 weeks when compared to whey protein supplementation alone.

Although the most obvious mechanism of action for GABA supplementation is the activation of GABA receptors, this also leads to various downstream physiological effects. For example, GABA supplementation has been found

Key points

- GABA is an inhibitory neurotransmitter in the brain, responsible for calming the overactive central nervous system
- GABA has been studied for its ability to improve mood, sleep parameters and both subjective and objective markers of the stress response
- 500mg of pure GABA per capsule

to increase alpha-brain waves and reduce beta-brain waves in the central nervous system, leading to a more relaxed yet alert state. Additionally, stable levels of salivary immunoglobulin A (IgA) and reduced cortisol levels have been found in individuals exposed to stressful circumstances if supplemented with GABA beforehand. Collectively, these mechanisms all indicate a reduced and more balanced stress response.

All in all, GABA is a safe and effective therapeutic amino acid to help calm the mind, reduce stress and improve sleep. GABA by Cyto-Matrix offers 500mg of pure GABA per capsule in a 90-capsule bottle.

Related products

Ashwagandha·Matrix
Bio·B6
Brain·Matrix
Cyto B·Complex
Cyto·Calm
Cyto·Inositol
Cyto·Theanine
Magnesium Sleep·Matrix
Mood·Matrix
Relax·Matrix
Rhodiola Rosea Extract
Testo·Matrix
Zinc Bis·Glycinate
Zinc Citrate 50mg

Non-Medicinal Ingredients: Vegetable-grade magnesium stearate, microcrystalline cellulose. Capsule: hypromellose.

Indications: Helps to temporarily promote relaxation.

Directions: Adults - Take 1 capsule, 1-3 times per day or as directed by a healthcare professional.

Duration of use: For use beyond 4 weeks, consult a healthcare professional.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use, especially if you are pregnant or breastfeeding or if symptoms persist or worsen. Do not use with alcohol.



193233

