

GABA



Clinical Applications

- Supports a Healthy Mood*
- Provides Support for Occasional Anxiety*
- Supports a Healthy Stress Response*
- Helps to Support Healthy Sleep*

GABA (gamma-aminobutyric acid) is an amino acid that functions as a neurotransmitter in the brain. Absolute Health's GABA supplies 500mg of gamma aminobutyric acid in each capsule.*

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

Discussion

GABA (gamma-aminobutyric acid) is an amino acid that functions as a neurotransmitter in the brain. GABA is synthesized in the brain from another amino acid, glutamate, and functions as an inhibitory neurotransmitter – meaning that it blocks nerve impulses. In the body, GABA is concentrated in the hypothalamus region of the brain and is known to play a role in the overall functioning of the pituitary gland—which regulates growth hormone synthesis, sleep cycles, and body temperature. GABA is a neurotransmitter in the brain and central nervous system. It is naturally synthesized from the amino acid glutamate, although some individuals may benefit from additional amounts. While glutamate is an excitatory neurotransmitter, GABA is inhibitory, which helps to balance the stimulating effects of glutamate. GABA slows down the activity of nerve cells and helps prevent them from overfiring. Through this mechanism, GABA serves as a calming agent for the body, helping to combat occasional stress and anxiety.* Maintaining optimal GABA levels may help support balanced moods and a healthy response to stressful situations.* In stressful situations, GABA levels in the body may decrease, contributing to an imbalance in this excitatory/inhibitory system.

Because of the effect of GABA on the parasympathetic nervous system, which is responsible for the relaxing “rest and digest” state, as opposed to the “fight or flight” feelings induced by the sympathetic nervous system, GABA may provide benefits to situations in which a relaxed state of mind is necessary. If the mind is relaxed, it allows for clear thinking, better focus, and greater concentration. GABA may also help promote a calming effect before bedtime to help enhance sleep, especially during times of occasional anxiety.* Its calming effect on stress may also help to support a healthy immune system.*

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	%DV
GABA 500 mg	*
(Gamma Amino Butyric Acid)	

*Daily Value not established.

Other ingredients: Cellulose, gelatin (capsule), magnesium silicate, vegetable stearate and silica

Directions

Take one capsule daily, or as directed by your healthcare provider.



References

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*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.

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