

GABA



- Gamma-Aminobutyric Acid (GABA) is an inhibitory neurotransmitter in the central nervous system (CNS) and is critical in balancing neuronal excitation with inhibition.
- GABA shows promise for its calming actions and sleep promoting properties. It is particularly useful for promoting concentration in stressful situations.

COMMON DOSAGE RANGE

200 - 800 mg

COMPANION INGREDIENTS

- L-Theanine
- Nicotinamide riboside chloride (NR)
- NAC
- Saffron + Zinc.

CONTRAINDICATIONS/CAUTIONS

Generally well tolerated.

Antihypertensive drugs - Theoretically, taking GABA with antihypertensive drugs might increase the risk of hypotension.

BIBLIOGRAPHY

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Who is it good for?	 Calming and improves resistance to stress • Concentration issues due to high stress. • High stress levels. • Anxiety and low mood. • Sleep disturbed by anxiety. • Potential adjunct in Autism Spectrum Disorder (ASD).
When should it be used?	• To promote concentration in stressful situations.¹ • To relieve mild anxiety. • When life involves significant and on-going stress. • In times of acute stress. • When sleep is disturbed by stress.
Why it's relevant (and why it works)	• GABA is an inhibitory neurotransmitter in the central nervous system (CNS) and is critical in balancing neuronal excitation with inhibition.² • GABA is also involved in the enteric nervous system. • Oral GABA may cross the blood brain barrier via the GABA transporter system, but this is yet to be established, or it may act via the peripheral nervous system and the gut-brain axis.² • Promotes relaxed alert state.³ • Studies suggest GABA induces relaxation, in part via modulating the sympathetic nervous system.² • A disruption in the equilibrium of excitatory glutamatergic and inhibitory GABAergic pathways has been hypothesized to have a role in the pathogenesis of Autism Spectrum Disorder (ASD). • The excitatory-inhibitory imbalance theory of autism suggests a GABAergic deficit which is supported by post-mortem and genetic studies providing support for this theory of ASD.⁴
How it works	• Reduces neuronal activity which is associated with a calming effect. • Promotes alpha waves and a significantly high alpha: beta wave ratio compared to placebo.³ • Both acute and chronic stress both impact normal GABAergic transmissions particularly in some regions of the brain.⁵ • Animal studies indicate that stress impacts the GABAergic interneuronal network and reduction in GABA activity may be related to anxiety and sleep disturbance.⁵



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