

GABA Chews



Stress and Calming Support*

GABA Chews is the bioidentical form of gamma-aminobutyric acid (GABA). GABA is a naturally occurring amino acid in the brain and a major inhibitory neurotransmitter in the central nervous system. GABA serves as a critical calming agent for the body, helping to support mild or occasional stress and anxiety.* The GABA in GABA Chews is formulated via fermentation of the amino acid glutamic acid (glutamate) by *Lactobacillus hilgardii*, the beneficial bacteria also used to ferment the vegetables in kimchi and other fermented foods.

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 Chews 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 Chews 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.*

GABA Chews is provided as a chewable tablet, which is a delivery method that allows for rapid and efficient absorption and assimilation. The tablets are free of gluten and refined sugar, and are sweetened with xylitol and stevia.

F-MELT® is a registered trademark of Fuji Chemical Industry Co., Ltd.



Benefits*

- Supports a healthy mood
- Provides support for occasional anxiety
- Supports a healthy stress response
- Helps to support healthy sleep

Product Highlights

- Provides 200 mg of GABA per 2-tablet serving
- Chewable tablet delivery that allows for rapid and efficient absorption and assimilation
- Vegetarian, dairy-free, gluten-free, soy-free, and non-GMO

Recommended Use

Supports a healthy mood Provides support for occasional anxiety Supports a healthy stress response Helps to support healthy sleep

*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.