



GABA Plus

Natural supplement to help calm over activity in the brain

GABA (Gamma Amino Butyric Acid) is an amino acid that also serves as a calming neurotransmitter in the brain. In fact, it may be the most abundant neurotransmitter in the brain. Put simply, its primary function in the brain is to keep the nerve cells from being “trigger happy” and over firing. Low levels of GABA are associated with epilepsy, seizures, schizophrenia, Parkinson’s disease, hyperactivity and tics.

Manufactured from the amino acid glutamine with the help of vitamin B6, proper levels of GABA in the brain prevent anxiety and increase mental clarity. Like the drugs of the benzodiazepine family (Valium, Xanax) GABA has a calming effect, but unlike these drugs it is not addictive. Research suggests that GABA can also improve sleep cycles and promote more restful sleep and vivid dreaming. GABA also helps to increase output of Human Growth Hormone (HGH), which reduces fat storage, helps to build muscle mass and tends to provide increased energy and vigor.

GABA Plus is a formula containing GABA in combination with herbs and other amino acids. It may be helpful in cases of chronic anxiety and panic attacks, nervousness due to drug withdrawal, attention deficient disorder, epilepsy and seizures. It might be helpful in cases of Parkinson’s disease and schizophrenia.

In addition to GABA, the GABA Plus formula contains the following ingredients:

Glutamine

Glutamine is an amino acid that is converted in the brain into glutamic acid and then further into GABA. Glutamic acid has a calming effect on the central nervous system by reducing the number of neurons firing. This can be helpful for those who are overstimulated or find it difficult to focus. Glutamic acid is also used as a fuel by the brain. Glutamine also helps regulate glucose in the brain.

Taurine

Another amino acid, taurine has a protective effect on the brain. It is involved in neurological development. Supplementation with taurine be helpful for anxiety, epilepsy, hyperactivity, poor brain function and seizures.

Taurine has proven helpful as a supplement for children with Down’s syndrome and muscular dystrophy. It has also helped people with epilepsy in controlling seizures and is vitally important to heart function.

Spirulina

This algae is rich in many nutrients. It contains 65 to 71 percent complete protein (including all eight essential amino acids), high amounts of vitamin A, carotenoids, including 17 different beta carotenoids, vitamins B1, B2, B3, B5, B6, and B12, folic acid, biotin, inositol, chelated minerals, including phosphorus, calcium, zinc, potassium, magnesium, vitamin E, omega 3 and omega 6 fatty acids, over 200 enzymes and other trace nutrients. Various amino acids are absolutely necessary for the production of neurotransmitters. The significant amounts of amino acids in Spirulina have been used to improve alertness, energy and pituitary function.

Passion Flower

A nervine herb, passion flower has historically been used as a nervous system calmativ and “trophorestorative,” that is a substance which restores through nourishing. While its short-term effect is sedative, it also works long-term to rebuild and replenish.

It is said to combine the sedative action of valerian with the heart-health flavonoids of hawthorn and the antispasmodic benefits of butterbur. It has long been used as a remedy for young children’s convulsions and recent animal tests confirm that it protects against the effects of convulsant drugs.

Dosage

1-2 capsules two times daily, with meals. Do not exceed directed amount; do not combine with prescription drugs or use during pregnancy or nursing.

Selected References

- The Comprehensive Guide To Nature’s Sunshine Products* by Tree of Light Publishing
- Activating the Healing Response* by Steven Horne
- PDR for Nutritional Supplements* by Medical Economics Press
- The New Age Herbalist* by Richard Mabey
- The Wild Rose Scientific Herbal* by Terry Willard

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