

## GABA Essentials - 60 caps

CCS212560

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Soothing, relaxing, supports a good night's sleep, helps with menopause symptoms.



## Description

GABA (Gamma-aminobutyric acid) is the most important "inhibitory" neurotransmitter. The main role of GABA is to maintain neuronal balance. In a healthy situation, there is a balance between "inhibitory" and "excitatory" neurotransmitters. However, when this balance is disturbed and neurons become overactive, GABA can inhibit this overactivity and help restore balance. The neurotransmitter GABA has, among other things, a positive influence on the reduction of stress sensitivity and inner unrest, is a natural sedative, has a relaxing effect, helps with exam stress and stage fright, reduces the feeling of nervousness and improves sleep.

GABA Essentials contains Valerian, Hop, Passiflora, Melissa, the patented amino acid Gabarela<sup>TM</sup> and L-theanine found in the green tea plant (Camellia sinensis). L-theanine in its free form can be directly absorbed and used by the body. It is similar to glutamine but has unique properties.

### Green tea (Camellia sinensis):

- \* has a beneficial effect on sleep function.
- \* has a relaxing effect.
- \* helps with focused attention, concentration, to be less distracted and be alert.
- \* is used during periods of recovery to maintain body functions.
- \* promotes the body's adaptability under harsh environmental conditions and stress situations.
- \* supports the immune system.
- \* supports energy levels and supports in the event of mental and physical fatigue (has tonic properties that contribute to resistance to mental and physical fatigue).

The amino acid L-theanine is found in the green tea plant (Camellia sinensis). In its free form, L-theanine can be directly absorbed and used by the body. It is similar to glutamine but has unique properties.

### Valerian:

- \* is a natural sedative.
- \* has a relaxing effect.
- \* helps to calmly deal with the stress of a busy lifestyle.
- \* helps support mental and physical well-being and helps with a nervous feeling.
- \* has a beneficial effect on sleep function (supports sleep and helps to sleep well)
- \* has a beneficial effect on the heart and a nurturing effect on the blood vessels, and aids digestion.

### Hop:

- \* is a natural sedative.
- \* has a relaxing effect and helps with a nervous feeling.
- \* has a beneficial effect on sleep function (supports sleep and helps to sleep well), also helps with menopausal symptoms; maintains a calm and comfortable menopause helps women cope with symptoms of menopause, such as: hot flushes, sweating, feeling nervous, and

irritability and touchiness; is good for cholesterol levels.  
\* aids digestion, contributes to the functioning of the intestinal tract.  
\* is an antioxidant.

#### **Passiflora:**

\* is a natural sedative.  
\* has a relaxing effect and helps with a nervous feeling.  
\* has a beneficial effect on sleep function, supports a good night's rest and helps to sleep well.

#### **Melissa:**

\* helps maintain a positive mood and good cognitive functioning  
\* contributes to optimal relaxation, helps support relaxation and mental and physical well-being and contributes to a good and calm rest.  
\* has a beneficial effect on sleep function, supports a good night's rest (healthy sleep), helps with falling asleep and to sleep well, is a natural sedative, has a relaxing effect and helps with a nervous feeling.  
\* supports maintenance of healthy digestion and contributes to the normal functioning of the intestinal tract.  
\* is an antioxidant and contributes to physical well-being.

**Gabarela<sup>TM</sup>** is the 100% natural form of GABA. It is a naturally derived bioidentical GABA produced by fermentation technology. The Gabarela<sup>TM</sup> fermentation process uses *Lactobacillus hilgardii*, the same type of bacteria used to ferment vegetables, cheese and other traditional foods.

**Bioperine<sup>®</sup>** (with 95-98% piperine) is an extract from black pepper fruits (*Piper nigrum*). The addition of the patented black pepper extract Bioperine<sup>®</sup> strengthens the formula, because the black pepper extract improves the absorbability of the other nutrients in the formula. Black pepper supports digestion.

## **Suggested usage**

- With an increased need for GABA, take 1 capsule three times a day with water or juice. Take the last capsule 30 minutes before bedtime, unless recommended otherwise by a healthcare practitioner.
- Do not exceed the recommended dose.
- Consult your doctor or pharmacist before use if you are also taking other medication that affects the central nervous system, such as antidepressants and sedatives.
- Consult an expert if you are pregnant, plan to become pregnant or while breastfeeding.
- Do not use in combination with alcohol.
- Store dry and at room temperature.
- Keep out of reach of young children.
- A varied and balanced diet and a healthy lifestyle are important. Food supplements are not a substitute for a varied diet. Suitable for vegetarians and vegans.

## **Composition**

Samenstelling per 3 vega capsules	
<i>Kruiden</i>	
Valeriaan extract	Valeriana officinalis (min. 0,8% valereenzuur)
Hop extract	Humulus lupulus (4:1)
Passiebloem extract	Passiflora incarnata (min. 4% vitexine)
Citroenmelisse extract	Melissa officinalis (min. 5% rozemarijnzuur)
Gastrodia extract	Gastrodia elata (5:1)
Zwarte peper extract (Bioperine)	Piper nigrum (min. 95% piperine)
<i>Aanvullende actieve voedingsstoffen</i>	
L-theanine	

#### **Categorie:**

Sleep



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<b>Form:</b>	Capsule
<b>Free from:</b>	Celery, Egg, Fish, Gluten, Lactose, Mollusc, Mustard, Nuts, Sesame, Shellfish, Soya
<b>Raw Material:</b>	Bioperine, Gaba, Green tea, Hop, Lemon balm, Passionflower, Valerian