

PharmaGABA™

60 chewable tablets

Item Catalog Number: 00865

PharmaGABA™ is a natural form of GABA manufactured from *Lactobacillus hilgardii* bacteria used to ferment vegetables. Unlike synthetic GABA, PharmaGABA™ appears to cross the blood-brain barrier and increase brain alpha waves and decrease beta waves to promote relaxation.^{181a} However, it is more powerful in this action compared to L-theanine, hence, its effects are a bit more noticeable.

PharmaGABA™ is without any known adverse drug interactions.

References

Supplement Facts

Serving Size 2 tablets

Servings Per Container 30

Amount Per Serving

Calories	10
Carbohydrates	3 g
Sugars	2.5 g
Gamma Amino Butyric Acid (GABA)	200 mg
Stevia (<i>Stevia rebaudiana</i> Bertoni), powdered extract (leaf)	10 mg

Other ingredients: Sorbitol, xylitol, stearic acid, magnesium silicate, silica, fruit flavor (orange and tangerine), citric acid.

Contains milk. Contains no artificial color or sweeteners; no soy, wheat or yeast.

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Dosage and Use

- Chew 1-2 tablets, up to 3 times per day or as directed by a health professional.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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