

GABA Powder

100 grams

Item Catalog Number: 00127

GABA (gamma-amino butyric acid) is an inhibitory neurotransmitter, helping neurons stay selective about the signals to which they respond and helping produce a state of relaxation. Taken at bedtime, supplemental GABA may assist some people in the initiation of sleep and produce a deeper and more beneficial sleep.175-178 Dietary GABA may also help maintain healthy blood pressure in those already within normal range.179-181

References

Supplement Facts

Serving Size approximately 1/4 teaspoon

Servings Per Container 142

Amount Per Serving

GABA (Gamma Amino Butyric Acid)

700 mg

Other ingredients: none.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Mix 1/4 teaspoon with water before sleep on an empty stomach, or as recommended by a healthcare practitioner.

Caution

Because of its inhibitory neurotransmitter action, it is not advisable to take more than 500-700 mg.

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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