



K39

GABATONE®

Supports GABA Response, Activity, & Synthesis

BENEFITS OF PRODUCT

- Provides amino acids and cofactors required for GABA production.
- Provides phytonutrients that exhibit/support GABAergic activity.
- Provides phytonutrients that have shown to inhibit GABA catabolism.

USE OF PRODUCT

To help support healthy GABA levels as it relates to nutritional balance.

OTHER PRODUCTS TO CONSIDER

Other products can be used in conjunction with Gabatone® Active to support healthy levels of GABA. Apex's Sublingual Vitamin-B12 (K34) is a rich source of micronized methylcobalamin that can provide essential methyl compounds to support neurotransmitter balance. Stress responses can cause neurotransmitter imbalance. Adaptocrine® (K02) can be used to provide stress adaptogens to support healthy neurotransmitter levels. Adrenacalm™ (K16) provides a rich source of liposomal phosphatidylserine which can be useful in the same manner.

KEY INGREDIENTS

RESEARCH COMMENTARY

The research information presented here should not be construed as claims regarding performance of this product.

VALERIAN ROOT EXTRACT (VALERIANA OFFICINALIS) has been used as a botanical sedative to manage anxious irritability and restlessness for several centuries, and recent meta-analysis has confirmed its effectiveness.¹ The mechanism of action appears to be on the GABA neurotransmitter receptor system. Valerian Extracts appear to have some affinity and expression of the GABA (benzodiazepine) receptor site.^{2,3,4,5,6,7,8} The bioactive components of the herb are Alkaloids, flavanones, gamma-aminobutyric acid, valepotriates, and valeric acid. The Valerenic acid compound of valerian has been shown to have an inverse agonist effect at adenosine A1 receptor sites, which also supports inhibitory central nervous system action.⁹ Valerenic acid found in Valerian additionally appears to inhibit GABA catabolism.¹⁰

LITHIUM OROTATE is a naturally occurring mineral similar to sodium and potassium and is abundant in the body. Lithium has been used for decades in order to stabilize mood swings, mania, and hopelessness.^{11,12,13} It is an essential mineral for human health and epidemiological studies of humans drinking water with low levels of lithium have been correlated with higher incidence of mental hospital admissions, violent crimes, and drug addiction.¹⁴ Lithium appears to increase Acetylcholine turnover, inhibits choline transport, and increases GABA activity.^{15,16}

PASSION FLOWER EXTRACT (PASSIFLORA INCARNATA) Passion Flower extract has historically been used for anxiety insomnia, seizures, and hysteria. It appears that the mechanism of action of the botanical is on the GABA receptor system.^{17,18,19,20,21,22,23}

Supplement Facts

Serving size 1 vegetarian capsule
Servings per container 90

Amount Per Serving	% Daily Value	
Vitamin B6 (as pyridoxal 5 phosphate)	6.8 mg	340%
Magnesium (as magnesium citrate)	10 mg	2%
Zinc (as zinc glycinate)	5 mg	33%
Manganese (as manganese succinate)	10 mg	500%
L-Taurine	150 mg	*
Valerian Root Extract (standardized to contain 0.8% valerenic acid) (Valeriana officinalis)	100 mg	*
Passion Flower Extract (standardized to contain 3.5% flavonoids) (Passiflora incarnata)	100 mg	*
L-Theanine	15 mg	*
Lithium (as lithium orotate)	10 mg	*

*Daily Value not established

Other ingredients: Vegetable cellulose (vegetarian capsule), l-leucine, rice flour, silicon dioxide.

DIRECTIONS

Take 1-2 capsules, 3 times a day, or as directed by your healthcare professional.

L-THEANINE is an amino acid and the compound found in tea that appears to create relaxation. L-Theanine crosses the blood brain barrier and has been found to have properties that appear to raise GABA levels, increase alpha wave production in the brain and dampen excitotoxicity responses.^{24,25,26,27,28}

This product is not intended for use as a replacement for medications prescribed by a medical doctor. Intended for nutritional purposes only. Statements in this flyer have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Formula Info Page

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TAURINE is an amino acid that is similar to structure as GABA and expresses inhibitory effects on the nervous system as well as dampening the effects of excitatory amino acids. Taurine has calming and mood-enhancing properties.^{29 30 31 32 33 34}

GABA COFACTORS

Since GABA cannot be absorbed well orally, precursors and cofactors of GABA are necessary for GABA production. Glutamic acid is converted into GABA by the enzyme glutamic acid decarboxylase and the cofactors pyridoxal-5-phosphate, zinc, manganese and magnesium.³⁵

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