

# Gaba

*The central inhibitive neurotransmitter as a natural sedative*

## Basic Facts

We live in a world where we are always subjected to external stimuli. Noise, visual stimuli, computer work and stress are all factors which may easily lead to overstimulation and overstrain. The burn-out syndrome has practically become a wide-spread disease and the sale of psychopharmaceuticals and drugs which make it possible to «come down» has soared in the past few years. It is not uncommon that these problems begin in childhood, already. Child psychologists and pediatricians can tell a tale about that. Ever more frequently the small ones have concentration disturbances so that they cannot be restrained be it at home or at school and have to be treated for hyperactivity syndrome.

The good news is that nature itself has made provisions for such cases and that the human body can produce its own sedative – Gaba. Unfortunately, however, the resources are not sufficient in most cases because of the massive overstimulation – and the result is disturbed sleep and disturbed concentration. It gets more and more difficult to relax oneself.

## Effects

Gaba stands for gamma-aminobutyric acid (a-acidi) and is a non-essential amino acid which means that it can be produced by the body itself – from another amino acid (glutamine). Gaba is the most important inhibiting neurotransmitter of the brain. From a functional point of view this means that Gaba inhibits the transmission of signals in the nerve endings and therefore has a very important function as a gate keeper. Gaba can be found in about 30 percent of all nerve cells, and inhibition of the synthesis leads to spasmodic fits. Therefore, Gaba is the natural «sedative» of the brain.

In old age the Gaba levels and the Gaba activity drop, which also seems to be the cause of age-related diseases that involve movement disorders and cramps, such as Huntington's chorea.

Additionally it enhances the release of growth hormone (GH), one of the most important hormones of the body, which is produced in the pituitary gland and released. GH is, among others, important for muscle buildup and also has anti-aging and many disease-preventing properties.

The pharmaceutical industry has, of course, been aware of the sedative effects of Gaba for a quite a long time and there exist a number of drugs which intervene in the Gaba cycle und imitate the effect. Among them are most of the tranquilizers and soporifics, among others the best known group of the benzodiazepines (whose most prominent representative is valium). Alcohol also docks at the Gaba binding sites in the brain, which is the reason for its centrally sedative effect.

## Indications

When there is a Gaba deficiency in the brain, various Gaba-associated disorders may occur as has already been mentioned. The intake of natural Gaba may help in case of the following diseases and symptoms:

### States of anxiety and inner unrest:

Contrary to traditional tranquilizers and psychopharmaceuticals, Gaba has NO habit-forming properties and also none of the other side effect of these substances. If there is a Gaba deficiency, one should administer the «domestic remedy» provided by nature.

**Depression:** Depressive moods seem to go hand in hand with a low Gaba level. This could be shown in women suffering from emotionally depressive states due to a premenstrual syndrome. Filling up the Gaba depots may significantly improve the emotional condition.

**Spasmodic fits:** With Gaba certain forms of spasmodic fits may be kept under control, also in children.

The administration of Gaba after strokes to restore functions such as memory and the faculty of speech has proven to be quite successful.

**Gaba and muscle buildup:** It has been scientifically proven that **Gaba enhances GH release and therefore muscle buildup**. If taken correctly and after appropriate training, the muscles become more defined due to a lower fat content and the **buildup is faster**. First successes can be proven after about eight weeks. A second important point is that Gaba has **pain-inhibiting properties**. Sports competitors who take Gaba in support of their training activities frequently

At a Glance

**Gaba**

- ▶ is the natural sedative of the body
- ▶ helps in case of overstimulation
- ▶ relieves states of anxiety the natural way
- ▶ helps athletes to an optimal muscle buildup
- ▶ has pain-inhibiting properties
- ▶ acts in case of depressive moods
- ▶ can be used in spasmodic fits

Gaba

report that the training-related pain is less and/or the pain-tolerance threshold higher.

## Composition

One capsule contains 750mg of pure pharmaceutical grade Gaba (gamma-aminobutyric acid) in a hypoallergenic rice starch base.

## Dosage

In normal cases take as required 2 to a maximum of 6 capsules per day with plenty of fluid, as required.

## Side Effects, Contraindications

As yet no serious side effects have been described when taking natural Gaba. In rare cases tingling dermal sensations and short-term shortness of breath as well as increased heart rates have been reported which, however, are not of a serious nature.

Pregnant and lactating women as well as persons who are under constant medical care should in any case consult a doctor before taking the preparation.

## Instructions




To **enhance GH release**, Gaba should be taken immediately before falling asleep and not during the day as its efficacy is greatest when intake is followed by a sleep phase. The reason is that the GH is released in the first two hours after having fallen asleep. The advantage of the sedating effect is that the sleep becomes plentiful. It is also important that Gaba is taken at least 45 minutes after the last meal.

To obtain a **sedative effect**, Gaba should be taken together with the meals. Gaba is also suited for children having hyperactivity symptoms and/or concentration disturbances.

In any case, Gaba should be taken under the strict supervision of a doctor, only, and self-medication should not be practiced.

## Gaba Product Groups

Gaba can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):

-  **Depression & Moods**
-  **Pain & Inflammation**
-  **Sports & Muscles**

Manufacturer:



**VitaBasix**<sup>®</sup>

by LHP Inc.

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### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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