

*This inhibitory neurotransmitter can promote general mood as well as normal sleep and support optimal muscle mass maintenance.*

### Basics:

We live in a world where we are constantly exposed to external stimuli. Noise, visual stimuli, computer work and stress are all factors that can easily lead to overstimulation and overload. Sales of psychotropic drugs and medicines that enable “coming down” have increased sharply in recent years. As child psychologists and pediatricians can attest, it is not uncommon for these problems to begin in childhood. In short, it is becoming increasingly difficult for the body to relax.

GABA, short for gamma-amino-butyric acid, is a non-essential amino acid, which means that it can be produced by the body itself (from another amino acid called glutamine). In addition, GABA is also found in foods such as meat, poultry, beans and brown rice.

GABA is the most important inhibitory neurotransmitter in the brain. From a functional point of view, this means that

GABA inhibits the transmission of signals in the nerve endings, and therefore plays a very important role as a “lock guardian”.

In addition, GABA promotes the release of growth hormone (GH), one of the most important hormones in the body, which is produced in and secreted by the pituitary gland. Among other things, this growth hormone is an important nutrient for building muscle mass and has a positive effect on ageing. Alcohol docks at the GABA binding sites in the brain, which is the reason for its calming effect.

When there is a GABA deficiency in the brain, various GABA-related disorders can occur.

**GABA and muscle mass:** It is now scientifically proven that GABA improves the release of GH and thus supports the maintenance of optimal muscle mass. When taken in the right amount and after appropriate training, GABA promotes the build-up of muscle mass and can also cause muscles to appear more pronounced due to the lower fat content. These effects can be observed after about eight weeks.

**Mood and sleep:** Due to its inhibitory effect, GABA has a positive effect on any overstimulation of the brain. At the same time, it promotes the release of growth hormone, which, together with the calming effect of mood, can positively support sleep.

If the body's own production and absorption of GABA through the diet is not sufficient or there is an increased need, this nutrient can be supplemented through special food supplements.

### Ingredients:

#### One capsule contains:

750 mg GABA (gamma-amino-butyric acid)

### Other ingredients:

Magnesium Stearate.

The product is vegetarian, gluten-free, lactose-free, not genetically modified.

Capsule shell vegetarian.

### Recommended consumption:

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

### Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature.

The published information is not a cure and is not intended as a request or suggestion for self-medication.

Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as “not yet sufficiently proven” by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described here has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease.

Errors and typographical errors excepted. VBX-1-24

Manufacturer



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