

GABA Trex and SeroTrex

Chewable tablets containing L-theanine, an amino acid shown to reduce stress, promoting balance*



Item Number	Product	Available Sizes	Serving Size
20025	GABA Trex	60 Tablets	2 Tablets
20026	SeroTrex		

Key Ingredients

L-theanine

(GABA Trex and SeroTrex)

- Amino acid that acts as a glutamate receptor antagonist for balanced activity^{1*}
- Data shows L-theanine reduces feelings of stress, supporting balance^{2*}
- In individuals 8-12 years of age, L-theanine has been shown to increase the number of healthy nights with restful sleep and reduce nocturnal motor activity for balance^{3*}

5-HTP

(from *Griffonia simplicifolia* seed extract)
(SeroTrex)

- 5-hydroxytryptophan (5-HTP) crosses the blood-brain barrier and is a precursor to serotonin and melatonin⁴
- Serotonin is important for regulating mood and a balanced sleep-wake function⁵

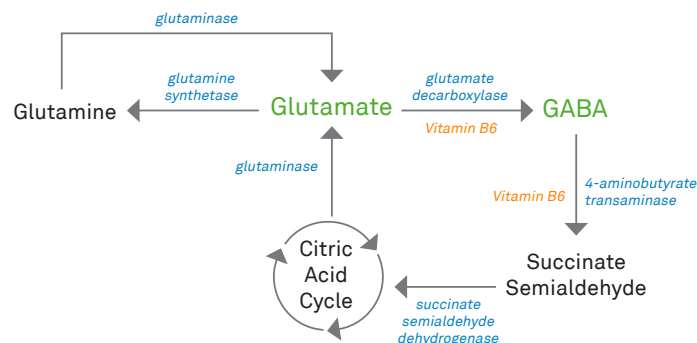
The Science

Glutamate

The primary excitatory neurotransmitter in the brain⁶

- Glutamatergic signaling underlies functions related to **anxiousness** and **stress**⁷

GABA Pathway



Green = Biomarker

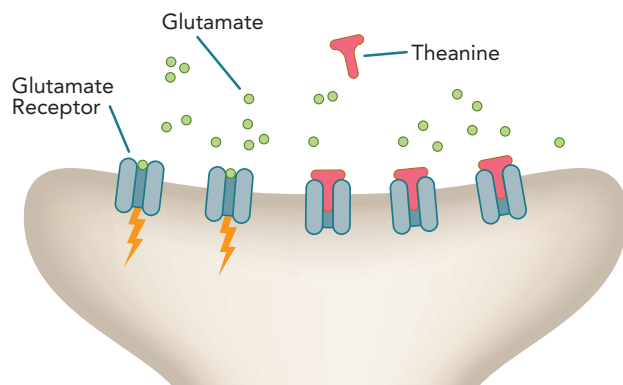
Blue = Enzyme

Orange = Cofactor

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

MORE SCIENCE BEHIND GABA TREX AND SEROTREX

Figure 1. L-theanine and Glutamate Receptors



Glutamate, anxiousness, and stress

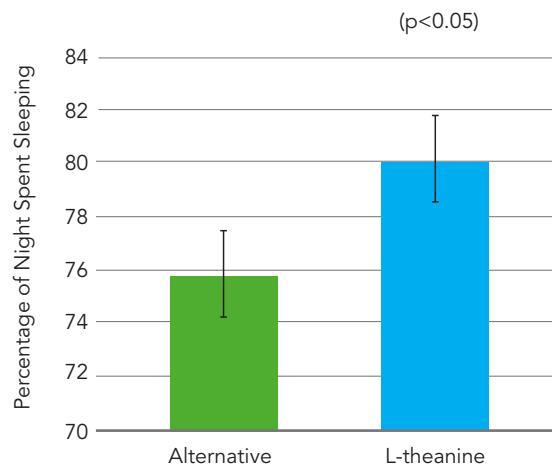
Fluctuations in glutamate activity are associated with anxiousness and stress⁷

- Stress activates the hypothalamus-pituitary-adrenal (HPA) axis which releases glucocorticoids that affect brain function⁸
- Data shows that the healthy brains of both pediatric and geriatric populations are particularly susceptible to stress⁸

L-theanine acts as a glutamate receptor antagonist for balanced activity^{1*}

- L-theanine binds to glutamate receptors (AMPA, kainate, and NMDA receptors) and blocks the binding of glutamate to its receptors to promote balance^{1*}

Figure 2. Sleep Efficiency



L-theanine improves healthy sleep efficiency

Data on the effects of L-theanine revealed

- In individuals 8-12 years old, servings of L-theanine (200mg) twice daily (morning and afternoon) increased healthy sleep efficiency (percentage of night spent sleeping restfully) and reduced nocturnal motor activity, supporting balance^{3*}
- In adults, a single serving of L-theanine (200mg) reduced feelings of stress under mental strain and promoted balance^{2*}

GABA Trex



SeroTrex



Stay focused

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