

Alpha GABA™

Ingredients to promote calm during times of anxiousness while supporting a healthy response to stress, day or night*

Patient Profile†

- ☐ Need to "downshift" from feeling mentally engaged*
- ☐ Feelings of anxiousness, seeking to restore relaxation and calm*
- ☐ Desire for help balancing stress*

Key Ingredients

L-theanine

- Amino acid that acts as a glutamate receptor antagonist for balanced activity^{1*}
- L-theanine has been linked to the generation of **alpha brain waves**, indicating a state of restored **relaxation**^{2*}

Ashwagandha (Withania somnifera)

- Patented ashwagandha leaf and root extract that provides the highest amount of withanolides on the market (>10% withanolides)
- Research and multiple data sets indicate Sensoril **reduced stress and anxiousness**^{3*}

Passionflower (Passiflora incarnata)

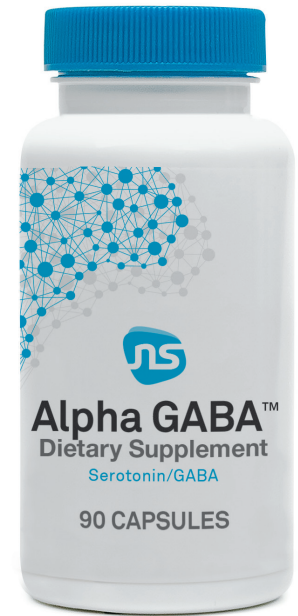
- Botanical shown to bind to the GABA site of GABA-A receptors for healthy activity^{4*}
- Activation of GABA-A receptors are essential for **downregulating the hypothalamic-pituitary-adrenal (HPA) axis**^{5*}

Lemon balm (Melissa officinalis)

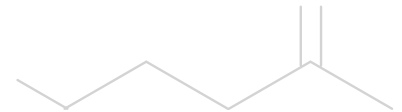
- Botanical shown to inhibit the enzyme GABA transaminase to restore balance, **which may increase healthy levels of GABA** in the brain^{6*}

L-taurine

- Neuroprotective amino acid that provides antioxidant protection^{7,8*}
- Demonstrates healthy **GABA-A agonist activity**^{9*}



The Science



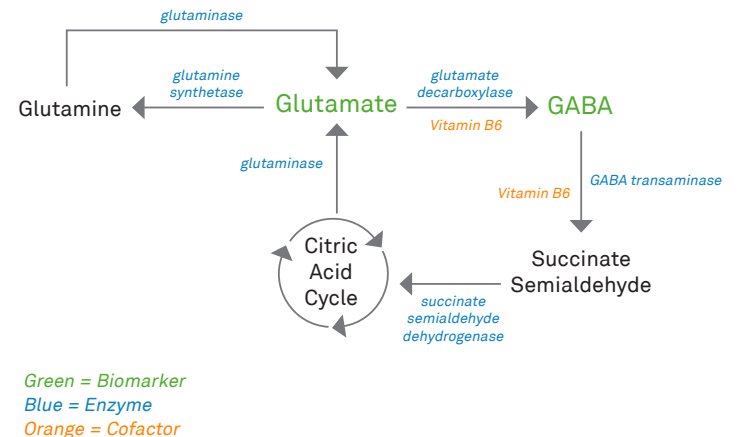
GABA is the primary inhibitory neurotransmitter in the brain¹⁰

- GABA is important for **calm** and **sleep**^{11,12}

Glutamate is the primary excitatory neurotransmitter in the brain¹³

- Glutamatergic signaling underlies mechanisms related to anxiousness and stress¹⁴

GABA Pathway

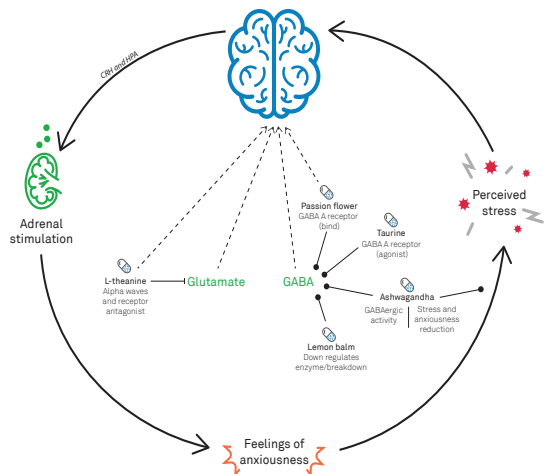


† Symptom depictions represent a possible presentation based on scientific information and claims found on this sheet, references provided on reverse.

*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 ALPHA GABA

Figure 1. Stress and Anxiousness, A Cycle to Balance



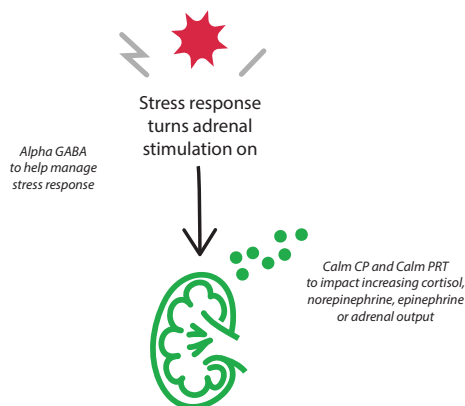
Stress processing and balancing the symptom cycle

Stress, GABA, and the HPA axis

- GABA signaling inhibits corticotropin-releasing hormone (CRH) and glutamate signaling stimulates CRH¹⁵
- Stress increases CRH secretion, stimulating the hypothalamic pituitary adrenal (HPA) axis and adrenal gland production of cortisol and the catecholamines¹⁵
- Chronic stress causes neuroplastic changes in the paraventricular nucleus, decreasing GABA receptor expression and increasing glutamate receptor expression, perpetuating the stress response⁵

Alpha GABA provides a multi-faceted approach to stress management with ingredients to balance symptoms of anxiousness while supporting a healthy stress response^{3,5*}

Figure 2. Stressed Induced Adrenal Output



Complete stress support, to restore a healthy response

Alpha GABA contains ingredients to:

- Induce healthy, relaxing alpha brain waves and feelings of calm with a targeted neurotransmitter approach^{1,2*}
- Provide comprehensive HPA axis support for optimal stress management^{3,5*}

Support the circadian rhythm for patients already feeling the “fight or flight” response by adding:

Calm CP	or	Calm PRT
Cortisol targeted blend ^{*16*} Elevated bedtime activity can disrupt sleep and is associated with increased abdominal fat ^{17*}		Manage norepinephrine activity ^{18*} Elevated norepinephrine activity can perpetuate stress, anxiousness, and fatigue ^{19,20*}



Item Number	Available Sizes	Serving Size
20057	90 Capsules	3 Capsules

Stress disrupting sleep?

Consider Alpha GABA PM with a similar blend targeted for bedtime instead.

All NeuroScience products undergo rigorous third-party testing to guarantee label claims of each ingredient and the absence of heavy metals, pesticides, residual solvents, and microbes

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