



**Code:** 9283 **NPN:** 80052082  
**Size:** 90 Chewable Tablets  
**Actual Size:** 19.17 mm diameter



# GABA-Pro®

**Fast Acting Calming Effect**

**100% Natural GABA · Tropical Breeze · 100 mg**

- Uses Pharma GABA™, a naturally sourced form of GABA
- Naturally manufactured via a fermentation process that uses *Lactobacillus hilgardii*, the bacterium used to ferment vegetables in the preparation of kimchi, the traditional Korean dish
- Improves calmness and relaxation from daily stress, eases nervous tension, and reduces the negative effects of caffeine consumption, without causing drowsiness
- Fast acting – effects can be felt in as little as five minutes and can last from four to six hours<sup>1</sup>
- Generally recognized as safe (GRAS) status in the United States
- Delicious tropical fruit-flavoured chewable tablet
- Suitable for vegetarians/vegans

## PRODUCT SUMMARY

Gamma-aminobutyric acid (GABA) is one of the major inhibitory neurotransmitters in the central nervous system, balancing the excitatory effects of glutamate on neuronal activity. The inhibitory effects of GABA are generally considered to lessen anxiety, relax muscle tension, and have sedative-like effects.<sup>2,3,4</sup> GABA has also been shown to cause a significant increase in alpha brain waves, which are associated with a more relaxed state and better concentration.

In a clinical trial involving people with a fear of heights, a control group crossing a suspension bridge had a 35% decrease in salivary levels of secretory immunoglobulin A (sIgA), a marker for stress-related decreases in immune system activity. Participants who crossed the same bridge, but took GABA-Pro had increases in sIgA levels, suggesting a stress-reducing effect.<sup>1,5,6</sup>

Many medications used for insomnia also target GABA receptors and activity, with effects such as decreasing wakefulness, shortening sleep latency, and increasing slow-wave sleep.<sup>7,8,9</sup>

Pharma GABA is well absorbed and binds to GABA receptors in the peripheral nervous system (PNS), the arm of the autonomic nervous system (ANS) responsible for producing the “relaxation response” – the opposite of the “fight or flight” response. In a double-blind crossover study, 12 young adult males taking 30 mg of Pharma GABA per meal after an overnight fast had significant increases in overall ANS and PNS activities, compared to placebo. This suggests Pharma GABA may induce relaxation effects by modulating ANS activity.<sup>10</sup>



**Serving Size:** 1–2 Chewable Tablets

**Servings per Container:** 45–90

**Each Tablet Contains:**

Gamma-Aminobutyric Acid (GABA)..... 100 mg  
(from 129 mg Pharma GABA™ 80 Complex)

**Non-medicinal Ingredients:** Xylitol, stearic acid, hydroxypropylcellulose, silica, natural tropical fruit flavour (banana, pomegranate, pineapple, mango, passionfruit, orange, tangerine, mandarin), citric acid, vegetable grade magnesium stearate (lubricant).

**Recommended Adult Dose:** Chew 1–2 tablets 3 times daily or as directed by a health care practitioner. Consult a health care practitioner for use beyond 4 weeks.

**Recommended Use:** GABA (gamma-aminobutyric acid) is an important neurotransmitter and is known to be the brain's natural calming agent. GABA-Pro helps in proper functioning of the brain and nerve cells, which produces a focusing and calming effect. GABA-Pro can quickly promote relaxation and ease nervous tension without causing drowsiness.

GABA-Pro contains Pharma GABA, a naturally-sourced form superior to that of synthetic GABA. It is naturally manufactured via a fermentation process that utilizes *Lactobacillus hilgardii*, the bacterium used to ferment vegetables in the preparation of kimchi, a traditional Korean dish.

**Caution:** Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms persist or worsen. Consumption with alcohol, other medications or health products with sedative properties is not recommended. Keep out of reach of children.

**Drug Interactions:** No known drug interactions have been documented; however, a theoretical concern exists for interaction with CNS depressants, and GABA may decrease blood pressure in people with hypotension, including those taking hypotensive agents.

**Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, wheat, gluten, soy, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans.** Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

**References**

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7. Walsh, J.K., Salkeld, L., Knowles, L.J., et al. Treatment of elderly primary insomnia patients with EVT 201 improves sleep initiation, sleep maintenance, and daytime sleepiness. *Sleep Medicine*, 11(1), 23-30.
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9. Yamatsu, A., Yamashita, Y., Panharipande, P., et al. (2016). Effect of oral gamma-aminobutyric acid (GABA) administration on sleep and its absorption in humans. *Food Science and Biotechnology*, 25(2), 547-551.
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· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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# GABA-Pro® – Fast Acting Calming Effect

## About GABA-Pro

- Gamma-amino butyric acid (GABA) is one of the key chemical messengers in the brain that helps decrease the activity of nerve cells (neurons). This action helps GABA lessen anxiety without causing drowsiness.<sup>1-3</sup>
- GABA-Pro uses Pharma GABA™, which is naturally sourced and has superior action in the body compared to synthetic GABA. Pharma GABA is manufactured by a fermentation process using *Lactobacillus hilgardii*. This is the same bacterium used to ferment vegetables in kimchi, a traditional Korean dish.
- GABA-Pro is fast acting, increasing the activity of the parasympathetic nervous system (our “rest and digest” function) within 5–30 minutes after taking the product.
- A clinical study showed that the use of GABA helps increase alpha brain waves, which are associated with greater focus, relaxation, and a meditative state.<sup>4</sup>
- Ongoing stress can suppress the immune system especially salivary IgA (Immunoglobulin A), which is the first line of defence against bacteria and viruses like the common cold and flu.<sup>5</sup> Using IgA as a marker for immune activity, scientists gave Pharma GABA to a small group of patients with a fear of heights. While the control group had a 35% decrease in IgA, the treatment group (those receiving GABA) had increased levels of SIgA, indicating that GABA helped reduce the associated stress and temporary anxiety of crossing over the river gorge.<sup>4,6,7</sup>
- Many medications used for insomnia also target GABA receptors and activity, with effects such as decreasing wakefulness, shortening sleep latency, and increasing slow-wave sleep.<sup>8-10</sup> In a small unpublished study, natural source GABA-Pro reduced the time it took to fall asleep by 20% while also improving the amount of time spent in a deep sleep stage by 20%.
- GABA-Pro has been shown to help reduce work-related psychological fatigue in those who were chronically tired.
- Using 100 mg of GABA-Pro 30–60 minutes before bedtime helped reduce nighttime urination in the elderly by 10%.
- GABA-Pro has been shown to help support memory and cognitive function.<sup>11,12</sup>
- GABA-Pro is gentle and non-habit forming with virtually no side effects, unlike synthetic GABA-enhancing substances.
- Available as a delicious chewable tablet or an easy-to-swallow vegetarian capsule.

## How to Use GABA-Pro

- 1–2 capsules 3 times per day or as directed by a health care practitioner. Consult a health care practitioner for use beyond 4 weeks.
- Chew 1–2 tablets 3 times per day or as directed by a health care practitioner. Consult a health care practitioner for use beyond 4 weeks.

## Cautions and Contraindications

- Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Do not use with alcohol. Keep out of reach of children.

## Drug Interactions

- No known drug interactions have been documented; however, a theoretical concern exists for interaction with CNS depressants, and GABA may decrease blood pressure in people with hypotension, including those taking hypotensive agents.

## Quick Tips for Optimal Health

- GABA is not found in foods, but can be helped by increasing foods rich in the amino acid L-glutamine. This include beef, chicken, fish, eggs, milk, dairy products, wheat, cabbage, beets, beans, spinach, etc.<sup>13</sup>
- GABA is a non-essential amino acid formed from glutamic acid with the help of vitamin B6.
- Sixty-minute Asana yoga sessions help increase brain GABA by 27%.<sup>14</sup>
- Sixty minutes of yoga three times per week may help maintain normal brain levels of GABA and support a relaxed mood.<sup>15</sup>
- Regular meditation practice may also help promote GABA levels.<sup>16</sup>
- May have a synergistic action with another type of brain nutrient – phosphatidylserine (PS). PS may aid GABA uptake into nerve cells.<sup>17</sup>

PATIENT NAME: \_\_\_\_\_

### PRACTITIONER NOTES:

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PRACTITIONER CONTACT INFORMATION:

## References

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## Managing stress, anxiety and insomnia

We all get stressed from time to time, whether it's good or bad stress. Most people think of "stress" as a bad thing, but there can be good stress, too: a new house, a baby, or a promotion at work. In small doses, stress can be very motivating, but long term, it can be overwhelming. Left unchecked, stress can affect you both physically and mentally, decreasing the enjoyment of everyday living and impacting your ability to perform at home and work.

Effective options are available. The body can be naturally supported to increase its ability to cope with mental, emotional, or physical stress. Outcomes that could lead to depression, angry outbursts, burnout, or illness can be avoided.

Bioclinic Naturals' stress and sleep products can help you cope with occasional and chronic stress and promote sound, healthy sleep. Used alone or in combination, these supplements can provide the right stress support you need.

**Sereni-Pro™** – Helps relieve symptoms of chronic stress and anxiety

**Somno-Pro®** – Relieves mild insomnia and calms nervousness

**Calm-Pro®** – Promotes deep relaxation and mental clarity

**GABA-Pro®** – Provides fast-acting relief for nervousness and acute stress

**CortAlign®** – Increases resistance to stress and anxiety



## Do you...

- Have trouble getting to sleep at night?
- Feel stressed, anxious, or nervous?
- Have a hard time concentrating and staying focused?
- Forget things easily and have trouble remembering?
- Struggle with stress-related eating and food cravings?

**Talk to your health care practitioner about how these products can help.**



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## STRESS AND SLEEP SUPPORT



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# MANAGING STRESS NATURALLY

## Common signs of stress

- Anxiety
- Headaches
- Insomnia
- Weight loss/gain
- Irritability
- Cravings
- Fatigue
- Severe behavioural changes
- Memory loss

Although some of these symptoms can have other causes like diet, allergies, and illness, if you know your body is not responding properly, talk to your health care practitioner. They can offer solutions that can help.



## GABA-Pro®

### Provides fast-acting relief for nervousness and acute stress

GABA-Pro is a 100% natural product, providing a fast solution for situations of extreme stress, like phobias and fears, and is particularly helpful in counteracting the effects of caffeine. GABA-Pro is made with PharmaGABA®, which is produced naturally from *Lactobacillus hilgardii* and is able to cross the blood-brain barrier to promote relaxation.

GABA is more than twice as powerful as the L-theanine in Calm-Pro, and the effective dose is lower. GABA-Pro is available in delicious chewable tablets or vegetarian capsules.



## CortAlign®

### Increases resistance to stress and anxiety

When the body is stressed, the adrenal glands are activated. Cortisol is initiated, as is adrenalin, increasing metabolic rate and heartbeat. This combination sends blood throughout the body to enhance physical strength and performance to deal with the stress. Once the stress is over though, cortisol and adrenalin should stop. Unfortunately, chronic stress can leave them "on" all the time, preventing the body from recovering and causing cellular damage, blood sugar problems, and "adrenal fatigue."

CortAlign is a combination of KSM-66 Ashwagandha®, Relora® blend (magnolia and phellodendron), Suntheanine® L-theanine, and phosphatidylserine that support and balance the adrenal glands to resist stress and fatigue in an effective tablet.

## Calm-Pro®

### Promotes deep relaxation and mental clarity

Calm-Pro contains Suntheanine, a pure, patented form of L-theanine, an amino acid from green tea. L-theanine has been shown to increase alpha waves in the brain, which indicate an awake, yet relaxed state. L-theanine, especially in chewable form, is quickly absorbed. This helps to effectively reduce anxiety from a variety of causes including PMS, nicotine cravings, stress, and too much caffeine.

Calm-Pro's delicious, fast-acting chewable tablets work in as little as 15 minutes, promoting a relaxed but alert state that can last 8–12 hours.



## Somno-Pro®

### Relieves mild insomnia and calms nervousness

Somno-Pro contains a synergistic combination of Suntheanine® L-theanine, 5-hydroxytryptophan (5-HTP), and melatonin.

Suntheanine is a patented form of L-theanine, designed to calm the mind and promote restful sleep. While not typically a sedative, it works synergistically with melatonin and 5-HTP to promote sound, restorative sleep.

5-HTP is an amino acid that converts to serotonin in the brain, a key brain chemical related to sleep. 5-HTP has been shown to decrease the time getting to sleep and the number of times waking through the night.

Melatonin is a hormone that helps induce sleep and works best if a person's natural melatonin levels are low. It can help children and adults initiate and maintain sleep, and is useful for people with normal sleep patterns and those with insomnia.

Somno-Pro can safely help you fall asleep faster, get a better quality of sleep, and awake refreshed, and is available in delicious chewable tablets or vegetarian capsules.

## Sereni-Pro™

### Relieves symptoms of chronic stress and strengthens the adrenals

Sereni-Pro is a herbal adaptogen formula that can increase resistance to stressors, helping to stabilize the body, restoring vitality and energy. Sensoril® is a patented extract of ashwagandha that works beautifully in combination with Siberian ginseng extract, lavender, and rhodiola extract to relieve stress and balance brain function for better memory, learning, and sleep. Sereni-Pro is safe, non-addictive, and may be used long term.

