

Alpha GABA PM

Researched blend of botanicals and 400 mg of L-theanine shown to induce calming brain waves and naturally improve sleep during times of stress*

Patient Profile†

- ☐ Can't turn off the mind*
- ☐ Constantly feeling mentally engaged*
- ☐ Ruminating thoughts at bedtime*
- ☐ Need to mentally "downshift"*

Key Ingredients

L-theanine	- Amino acid that acts as a glutamate receptor antagonist^{1*} - L-theanine has been linked to the generation of alpha brain waves, indicating a state of relaxation^{2*}
Melatonin	- Hormone important for the regulation of the sleep-wake cycle^{3*} - Supplementation with melatonin has been shown to improve the onset of sleep^{4*}
Valerian (<i>Valeriana officinalis</i>) root extract (Valerenic acids 0.8%) (Micro-encapsulated)	- Both <i>in vitro</i> and <i>in vivo</i> studies demonstrate valerian extracts modulate GABA-A receptors^{5,8*} - Micro-encapsulation reduces valerian root odors
Lemon balm (<i>Melissa officinalis</i>) leaf extract	- Botanical shown to inhibit the enzyme GABA transaminase <i>in vitro</i>, which may increase levels of GABA in the brain^{9*} - Utilizes proprietary extract extensively researched to reduce stress^{10,11*}
5-HTP (from <i>Griffonia simplicifolia</i> seed extract)	5-hydroxytryptophan (5-HTP) crosses the blood-brain barrier and is a precursor to serotonin and melatonin¹² - Serotonin is important for regulating mood and sleep-wake function¹³



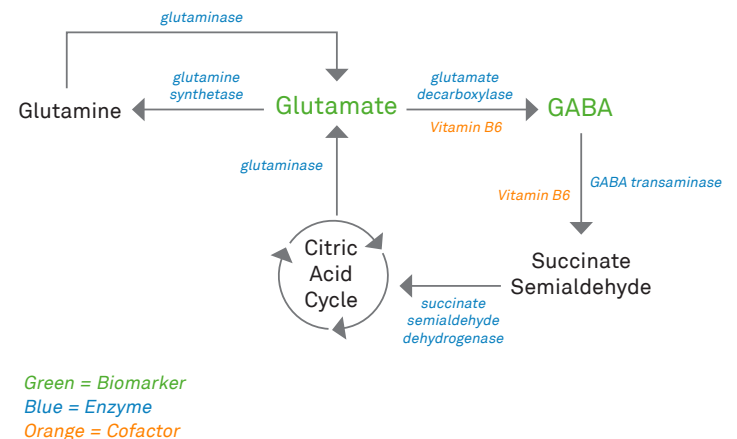
The Science

GABA

GABA is the primary inhibitory neurotransmitter in the brain¹⁴

- GABA is important for **calm** and **sleep**^{15,16}

GABA Pathway

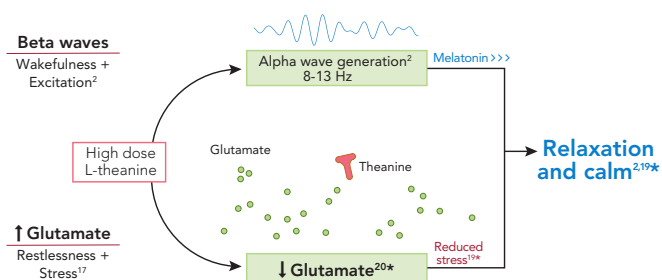


† Symptom depictions represent a possible presentation based on scientific information and claims found on this sheet, references provided on reverse.

*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 PM

Figure 1. Alpha Waves, L-theanine, and Stress



High-dose L-theanine as a new approach

Alpha brain waves are naturally generated when an individual is calm and relaxed²

- In a placebo-controlled study, impactful amounts of L-theanine were shown to induce the generation of alpha brain waves in groups both with and without stress (Figure 1.)^{2*}
- Melatonin has been shown to rapidly increase alpha brain waves^{18*}

In a randomized, double-blind, placebo-controlled study, L-theanine intake led to significantly reduced stress^{19*}

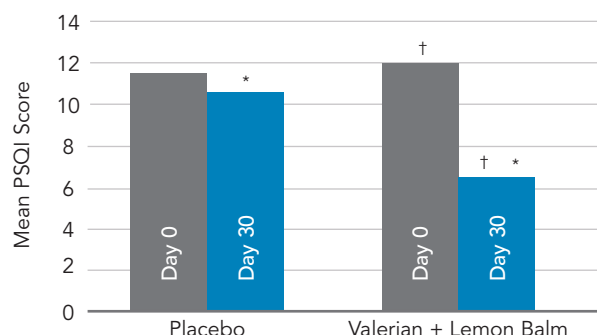
- L-theanine binds to receptors, blocking the attachment of glutamate, and at doses of 250 mg or more, lowers glutamate levels (Figure 1.)^{1,20*}

Alpha GABA PM contains 400 mg of L-theanine and 3 mg of melatonin per serving to effectively calm the mind for sleep^{1,2,4*}

Figure 2. A Pivotal Partnership

Low PSQI score = better sleep

* p<0.05
† p<0.001



Proven sleep botanicals

In a randomized, triple-blind, placebo-controlled, 30 day study, valerian and lemon balm extracts together significantly improved quality of sleep as measured by the Pittsburgh Sleep Quality Index (PSQI) (Figure 2.)^{21*}

- Alpha GABA PM contains a blend of botanical extracts identical to the above study to naturally improve quality of sleep^{21*}

A combination of valerian root and lemon balm was shown to significantly increase brain concentrations of GABA *in vivo*^{22*}

- Proprietary extracting technique of whole lemon balm leaf provides improved mechanism capability*
- Valerian and lemon balm are naturally GABAergic botanicals^{21,22*}

Alpha GABA PM contains proprietary whole lemon balm leaf extract and micro-encapsulated valerian root to improve onset and quality of sleep^{21,22*}



Item Number	Available Sizes	Serving Size
20042	60 Capsules	2 Capsules



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