

GABA Trex and SeroTrex

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



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^{1*}
- In a randomized, double-blind, placebo-controlled study, L-theanine was shown to significantly **reduce stress**^{2*}
- In individuals 8-12 years of age, L-theanine has been shown to significantly increase the number of nights with **restful sleep** and reduce nocturnal motor activity^{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 associated with regulating **mood** and **sleep-wake function**⁵

The Science

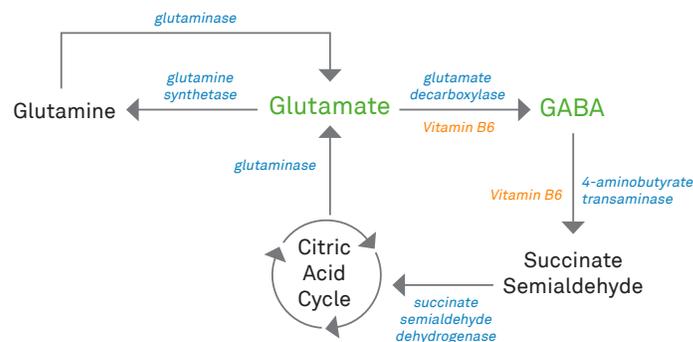


Glutamate

The primary excitatory neurotransmitter in the brain⁶

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

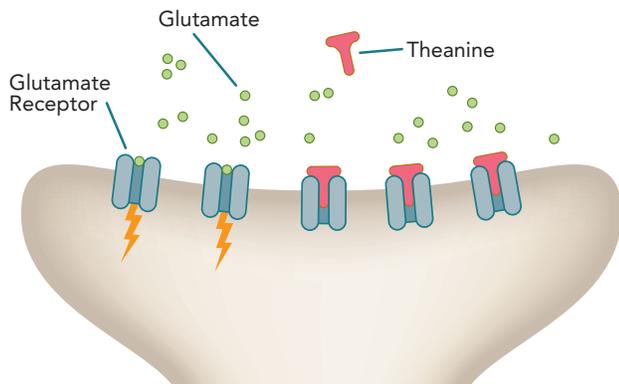
GABA Pathway



*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 as a Glutamate Receptor Antagonist



Glutamate, anxiousness, and stress

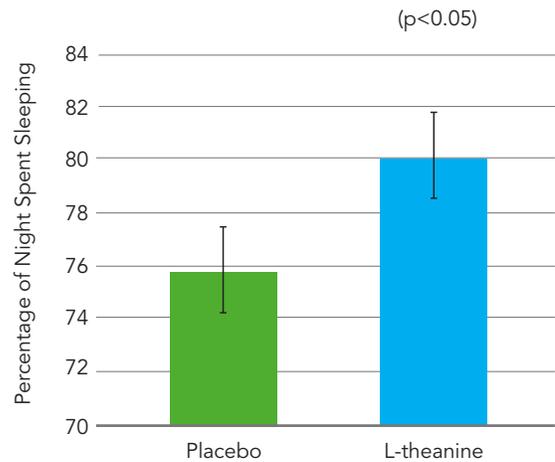
Glutamate is associated with anxiousness and stress⁷

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

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

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

Figure 2. Sleep Efficiency



L-theanine improves sleep efficiency

The effects of L-theanine were assessed in randomized, double-blind, placebo-controlled studies^{2,3}

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

GABA Trex



SeroTrex



Stay focused

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