

Alpha GABA PM

Data supported botanical blend and 400mg of L-theanine shown to induce healthy calming brain waves and naturally improve balanced sleep during times of stress*



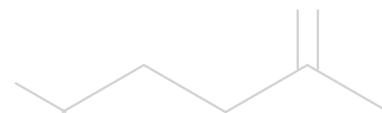
Patient Profile†

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

Key Ingredients

<p>L-theanine</p>	<ul style="list-style-type: none"> ■ 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 balanced relaxation^{2*}
<p>Melatonin</p>	<ul style="list-style-type: none"> ■ Hormone important for the regulation of the sleep-wake cycle^{3*} ■ Supplementation with melatonin has been shown to improve the healthy onset of sleep^{4*}
<p>Valerian (<i>Valeriana officinalis</i>) root extract (Valerenic acids 0.8%) (Micro-encapsulated)</p>	<ul style="list-style-type: none"> ■ Data shows valerian extracts modulate GABA-A receptors for healthy activity^{5-8*} ■ Micro-encapsulation reduces valerian root odors
<p>Lemon balm (<i>Melissa officinalis</i>) leaf extract</p>	<ul style="list-style-type: none"> ■ Botanical shown to inhibit the enzyme GABA transaminase to support balanced activity, which may increase healthy levels of GABA in the brain^{9*} ■ Contains rosmarinic acid, shown to normalize GABA and glutamate activity altered by stress when combined with valerian root^{10,11*}
<p>5-HTP (from <i>Griffonia simplicifolia</i> seed extract)</p>	<ul style="list-style-type: none"> ■ 5-hydroxytryptophan (5-HTP) crosses the blood-brain barrier and is a precursor to serotonin and melatonin¹² ■ Serotonin is important for regulating mood and a balanced sleep-wake function¹³

The Science

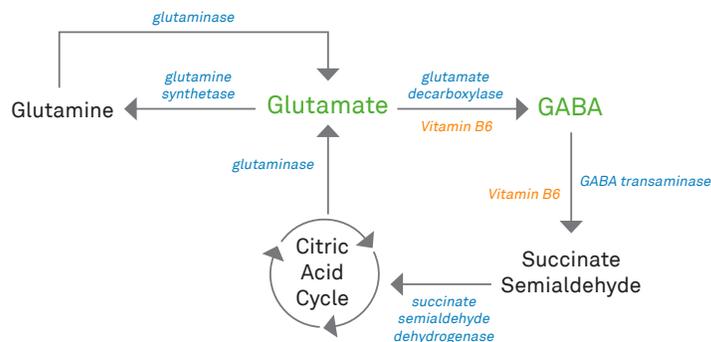


GABA

GABA is the primary inhibitory neurotransmitter in the brain¹⁴

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

GABA Pathway



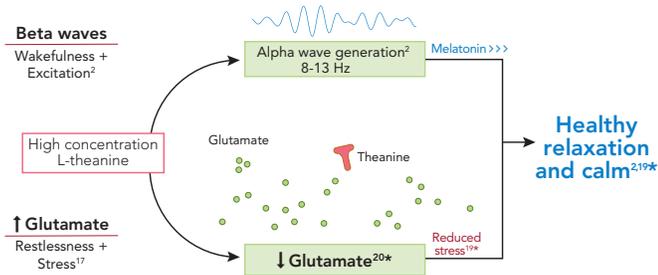
Green = Biomarker
Blue = Enzyme
Orange = Cofactor

† 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-concentration L-theanine as a new approach

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

- Data shows impactful amounts of L-theanine induce the healthy generation of alpha brain waves in those with or without stress^{2*}
- Melatonin has been shown to rapidly increase alpha brain waves^{18*}

Data shows L-theanine intake led to reduced stress and feeling of balance^{19*}

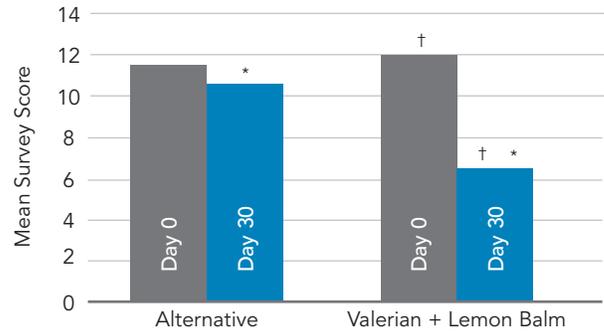
- L-theanine binds to healthy receptors, blocking the attachment of glutamate, and at servings of 250mg or more, lowers glutamate activity to support balance.^{1,20*}

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

Figure 2. A Pivotal Partnership

Low score = better sleep balance

* p<0.05
† p<0.001



Proven sleep botanicals

Data gathered over 30 days showed valerian and lemon balm extracts together improved the quality of healthy sleep after monitoring multiple aspects of sleep^{21*}

- Alpha GABA PM contains a blend of botanical extracts identical to those used in the data gathered to naturally improve the quality of healthy sleep^{21*}

A combination of valerian root and lemon balm was shown to increase brain concentrations of GABA, supporting balanced activity^{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 healthy sleep^{21,22*}



Item Number	Available Sizes	Serving Size
20042	60 Capsules	2 Capsules

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