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*

- High dose L-theanine
- Proven botanical blend
- Reduced valerian root odor
- Comprehensive formula

Key Ingredients

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<th>Ingredient</th>
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| L-theanine | Amino acid that acts as a glutamate receptor antagonist*<sup>1</sup>  
L-theanine has been linked to the generation of alpha brain waves, indicating a state of relaxation*<sup>2</sup> |
| Melatonin | Hormone important for the regulation of the sleep-wake cycle*<sup>4</sup>  
Supplementation with melatonin has been shown to improve the onset of sleep*<sup>4</sup> |
| Valerian (Valeriana officinalis) root extract (Valerenic acids 0.8%) (Micro-encapsulated) | Both in vitro and in vivo studies demonstrate valerian extracts modulate GABA-A receptors*<sup>6-8</sup>  
Micro-encapsulation reduces valerian root odors |
| Lemon balm (Melissa officinalis) leaf extract | Botanical shown to inhibit the enzyme GABA transaminase in vitro, which may increase levels of GABA in the brain*<sup>9</sup>  
Utilizes proprietary extract extensively researched to reduce stress*<sup>10,11</sup> |
| 5-HTP (from Griffonia simplicifolia seed extract) | 5-hydroxytryptophan (5-HTP) crosses the blood-brain barrier and is a precursor to serotonin and melatonin*<sup>12</sup>  
Serotonin is important for regulating mood and sleep-wake function*<sup>13</sup> |

The Science

GABA

GABA is the primary inhibitory neurotransmitter in the brain*<sup>14</sup>
- GABA is important for calm and sleep*<sup>15,16</sup>

GABA Pathway

Green = Biomarker  
Blue = Enzyme  
Orange = Cofactor

*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.
High-dose L-theanine as a new approach
Alpha brain waves are naturally generated when an individual is calm and relaxed\(^2\)

- 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.\(^1\)\(^8\)\(^*\)

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.\(^1\)\(^,\)\(^2\)\(^,\)\(^4\)\(^*\)

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.\(^21\)\(^*\)
- 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.\(^21\)\(^,\)\(^22\)\(^*\)

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