

Calming Nutrient/Herb Combination Relaxes Naturally without Side Effects

Natural Alternative to Tranquilizers Without Side Effects or Addiction

GABA-Val™, a synergistic combination of naturally relaxing nutrients and herbs, is recommended as an effective natural alternative to L-tryptophan or tranquilizer drugs in cases of nervousness, anxiety, stress, muscle tension and insomnia.

- Proven effective.
- Contains no drugs.
- Produces no drug side effects.
- Not addictive.
- Contains no tryptophan.

The ingredients in GABA-Val™ have been proven effective by research to reduce anxiety, calm the nerves and relax muscles naturally with no drug side effects.

GABA-VAL™ Naturally Calming Nutrients and Herbs

Product No. 935 Fill Size: 90 Capsules

Each capsule contains:	% Daily Value
Vitamin B-1 ----- 25 mg.	1667%
Niacinamide ----- 25 mg.	125%
Magnesium (amino acid chelate) ----- 25 mg.	6%
Gamma Amino Butyric Acid (GABA) ---- 50 mg.	*
Valerian Root Extract (<i>Valeriana officinalis</i>) ----- 300 mg.	*
Inositol ----- 175 mg.	*
Lupulin (hops pollen) ----- 50 mg.	*
Glutamic Acid ----- 25 mg.	*
Passion Flower (<i>Passiflora incarnata</i>) ---- 25 mg.	*
Brain Tissue----- 25 mg.	*
Other ingredients: magnesium stearate, gelatin.	

*Daily Value not established.

Suggested Use: One to three capsules daily, as needed.

GABA: A Natural Antidote for Anxiety and Stress

GABA, or Gamma Amino Butyric Acid, is an amino acid complex which, when taken with **niacinamide** and **inositol**, can mimic the calming effects of valium and librium without the heavy sedated effect of these drugs and without fear of addiction.^(1,3) GABA acts as a neurotransmitter in the central nervous system. It is essential for brain metabolism, and aids in proper brain function.⁽³⁾

Anxiety attacks occur when the limbic system—the part of the brain which stores anxiety messages—begins to release numerous signals. Concurrently, physiological responses begin to take place. . . the fight-or flight syndrome and many others. To an anxious person this is a situation of dread and fear that threatens a potential loss of control. The unceasing alert signals from the limbic system eventually overwhelm the cortex. The cortex and the rest of the stress network becomes exhausted.⁽¹⁾

GABA inhibits the cells from firing, diminishing the excitatory messages reaching the frontal cortex. This allows the cortex to communicate with the limbic system and the rest of the brain in an orderly manner. What GABA seems to do is lower the excitatory level of the cell that is about to receive the incoming information.⁽¹⁾

GABA has also been successfully used as an anti-convulsant in cases of epilepsy^(2,3), as well as for hypertension and attention deficit disorder.⁽³⁾

Since GABA also plays a role in the mechanism regulating the release of sex hormones it may be useful for enlarged prostate. It has been used in cases of depressed sex drive, probably due to its relaxing properties.⁽³⁾

Synergistic Herbs Calm Nerves and Relax Muscles

Valerian root (*Valeriana officinalis*) acts as a muscle relaxant and has a calming effect for general nervousness, depression, despondency and nervous headaches. Iridoid compounds called valepotriates, present in the root, infiltrate brain tissue, blood cells and the central nervous system where they produce a strong sedative effect on the entire body.⁽⁴⁾

Valerian has been widely used in folk medicine as a sedative. In scientific studies using valerian for relief of insomnia, the herb was found to:

- Reduce sleep latency (the time required to fall asleep).
- Improve sleep quality.
- Reduce morning sleepiness.

In a double-blind study involving 128 subjects, it was shown that an extract of valerian root improved the subjective ratings for sleep quality and sleep latency but left no “hangover” feeling the next morning. In a follow-up study valerian ex-

tract was shown to be as effective as barbiturates or benzodiazepans in reducing sleep latency. However these substances result in increased morning sleepiness. Valerian root, on the other hand, actually reduces morning sleepiness.⁽⁸⁾

Passion Flower (*Passiflora incarnata*) is considered effective as an antispasmodic and a sedative for nervousness due to mental stress, exhaustion or excitement.⁽⁴⁾ Low levels of serotonin have been identified in passion flower which may help explain its use as a natural calmative, mood enhancer and aid to concentration. Passion flower has traditionally been used by women to calm nerves and induce relaxation during periods of hormonal adjustment (menses, childbirth

and menopause).⁽⁹⁾ It was widely used by the Aztecs as a diaphoretic, sedative and analgesic.⁽³⁾

Active substances in passion flower include glycosides, flavonoids, harmine and harmaline alkaloids (passiflorine, aricine, loturine, yageine) and maltol. The harmaline alkaloids show antispasmodic properties toward smooth muscle and may lower blood pressure by expanding coronary vessels.⁽⁹⁾ They also act as natural monoamine oxidase (MAO) inhibitors.⁽⁸⁾ Maltol has been shown to have mild sedative properties.⁽⁹⁾

Lupulin (hops pollen), acts as a sedative, specifically for exhaustion and nervous tension. Lupulin is also a digestive aid. It improves the tone of stomach muscles and helps diminish the fermentation process.

Beneficial Nutrients for a Healthy Nervous System

Thiamin, or vitamin B-1, is known as the "morale vitamin" because of its relation to a healthy nervous system and its beneficial effect on mental attitude. It acts as a coenzyme in the complex process of converting glucose into energy and has also been linked with improving individual learning capabilities.⁽⁵⁾

Magnesium acts as a relaxant and is necessary for proper function of nerves, muscles and neuromuscular contractions.⁽⁶⁾ A deficiency of magnesium interferes with the transmission of nerve and muscle impulses, causing irritability and nervousness.⁽³⁾

Magnesium is particularly involved with the normal function of the brain, spinal cord and all nerves. Because alcohol causes a high urinary loss of magnesium, nervousness resulting from this deficiency is common among social drinkers as well as alcoholics.⁽⁷⁾

Glutamic acid is a major excitatory neurotransmitter in the brain and spinal cord and is the pre-

cursor of GABA. This amino acid is important in the metabolism of sugars and fats, and aids in the transportation of potassium across the blood-brain barrier. Glutamic acid has been used to help correct personality disorders and is useful in treating childhood behavioral disorders. It is used in the treatment of epilepsy, mental retardation, muscular dystrophy, ulcers and hypoglycemic coma, a complication of insulin treatment in diabetics.⁽³⁾

Brain tissue provides growth and repair factors for weak or exhausted brain cells and has a balancing effect. The entire point of glandular therapy is to normalize the affected gland or tissue, not to stimulate it. Consequently, it makes little difference whether the affected gland is overactive or underactive.

WARNING: This information is provided for health care professionals only. **This publication and the product contained herein have not been approved or evaluated by the Food and Drug Administration. This publication, and the product contained herein are not intended to diagnose, treat, cure or prevent any disease.** The product relates to nutritional support only.

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