



designs for health®

## LIPOSOMAL GABA WITH L-THEANINE

HELPS TO TEMPORARILY PROMOTE RELAXATION

50 ML LIQUID | NPN80081050 | LPONEU-CN

GABA (gamma-aminobutyric acid) and L-theanine are both well-regarded for promoting mental and emotional calm without impairing focus and attention.

### **GABA**

GABA is the main inhibitory or calming neurotransmitter in the central nervous system. Being an inhibitory neurotransmitter, GABA slows down the activity of nerve cells and prevents them from over-firing. GABA is a critical calming agent for the body, helping to combat stress and occasional anxious feelings. The body produces GABA, but additional supplementation may be helpful for those with difficulty coping with stressful situations, whether they arise from chronic daily stress or from short-lived periods of increased stress.

Owing to its role in supporting mental calm without bringing drowsiness, GABA may be beneficial for promoting mental clarity, focus and concentration during academic or athletic endeavors. (Athletes refer to this as being “in the zone.”) Supplementation with GABA may help support the parasympathetic nervous system, which is responsible for a variety of involuntary bodily processes involved in relaxation—the “rest and digest” part of the nervous system, which balances the sympathetic nervous system’s “fight or flight” activity.

### **L-THEANINE**

L-Theanine is an amino acid found mainly in tea (especially green tea) and various fungi. It crosses the blood brain barrier and is known to promote calm and a healthy response to stress. L-theanine is a natural pairing with GABA, as it also lessens over-excitation of neurons in the brain, reduces sympathetic nervous system activity, and promotes mental relaxation without inducing drowsiness. While neither GABA nor L-theanine induce daytime sleepiness, taking them in the evening may help promote restful sleep as a result of calming the mind.

### **WHAT ARE LIPOSOMES?**

Liposomes are spheres made of phospholipids—the same primary building blocks of cell membranes. Owing to this structure, liposomes bond easily with cell membranes to deliver their nutrient cargo (in this case, GABA and L-theanine). Liposomes are extremely tiny particles, which allows for fast absorption, starting in the mouth.

### **BENEFITS OF LIPOSOMAL TECHNOLOGY**

- Rapid uptake, starting in the mouth
- Effective, efficient absorption in the body

**Recommended Dose:** Adults: Take 2-4 pumps by mouth as needed. Hold 30 seconds before swallowing. Repeat to desired dosage or as directed by a healthcare professional. Take on an empty stomach, at least 10 minutes before meals. Use within 60 days of opening.