

## GABA 500mg

### DESCRIPTION

GABA 500 mg, provided by Douglas Laboratories®, supplies 500 mg of gamma amino butyric acid per each capsule.

### FUNCTIONS

GABA (gamma-aminobutyric acid) is an amino acid that functions as a neurotransmitter in the brain. GABA is synthesized in the brain from another amino acid, glutamate, and functions as an inhibitory neurotransmitter – meaning that it blocks nerve impulses. In the body, GABA is concentrated in the hypothalamus region of the brain and is known to play a role in the overall functioning of the pituitary gland – which regulates growth hormone synthesis, sleep cycles, and body temperature. †

### FORMULA (#80611)

Each capsule contains:

GABA (gamma amino butyric acid).....500 mg

### SUGGESTED USE

Adults take 1 capsule daily with meals or as directed by physician.

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

Yoto A, et al. Amino Acids. 2012 Sep;43(3):1331-7. doi: 10.1007/s00726-011-1206-6.

Volpi R, et al. Psychoneuroendocrinology. 1997 Oct;22(7):531-8.

Prosser J, Hughes CW, Sheikha S et al: J Child Adolesc Psychopharmacol 1997; 7(3):181-199.

**For more information on GABA 500mg visit [douglaslabs.com](http://douglaslabs.com)**

† 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.