



## GABA with L-Theanine

### Biogenetix™ BioG-Max GABA with Liposomal Delivery System, 1.7 oz (50ml), Pump-top

**GABA (gamma-aminobutyric acid)** is an amino acid produced in the human body that functions as the principle inhibitory neurotransmitter in the central nervous system. (1) GABA is associated with the parasympathetic side of the autonomic nervous system which balances the sympathetic (fight-or-flight) side. Many pharmacological agents exert anxiolytic, analgesic, anticonvulsant and sedative effects by modulating GABA receptor activity, or blocking the reuptake of GABA, thus increasing GABA activity. (2,3) Many toxins, such as mercury, and some physical traumas, such as head trauma, elicit neurotoxic effects through glutamate receptors in the brain (called NMDA-mediated neurotoxicity). This produces a feedback loop of inflammation, neurotoxicity, and anxiety. GABA supplementation can help break that loop by building the pool of GABA. Use of powdered GABA is not efficient because it is poorly absorbed and does not easily cross the blood-brain barrier. Studies have shown that GABA administered with phosphatidylserine improved GABA's activity and was proposed to be due to an increased ability to cross the blood-brain barrier. (4,5) BioG-Max's GABA produces a very quick and powerful effect. Try this "Busy-ness" antidote once and you will know!

**L-Theanine** is an amino acid found naturally in tea. Research suggests that theanine affects inhibitory neurotransmission (parasympathetic) and has been shown to have relaxing effects on cognitive thinking and blood pressure. (6,7,8)

**BioG-Max GABA with Liposomal Delivery** brings the power of intravenous therapy into a convenient oral delivery. Our formulation improves upon liposomal technology with smaller, more stable, single-layer spheres made from the highest-grade ingredients available. In addition to exceptional absorption rates, nanospheres have demonstrated the ability to cross the blood-brain barrier, deposit their cargo intracellularly and enhance lymphatic circulation of nutrients. Also, the phospholipids that compose the liposome shell feed the cell membranes. This ensures the proper function for the absorption of

### Production Technology Features:

- Tightly controlled small sizing, verified by Laser Dynamic Light Scattering on each batch (GABA mean size 50-100nm)
- Pleasant taste, suitable for intra-buccal delivery.
- Precise pump delivery
- Easy to disperse in water when desired
- Intraoral delivery for best systemic availability
- Easy to dispense and take directly from bottle

**General Suggested Usage:** Take 4 pumps whenever needed, especially before bed. Take 2 pumps at a time directly by mouth, hold 30 seconds and then swallow. GABA has also shown useful before taking detoxification products to dampen negative responses.

## Supplement Facts

Serving Size: 4 pumps (2mL)  
Servings Per Container: 25

	Amount per Serving	% Daily Value
GABA (Gamma-amino butyric acid)	250mg	†
L-Theanine	100mg	
Phosphatidylcholine (from purified sunflower lecithin)	133mg	†
† Daily Value not established.		

**Other Ingredients:** Water, Glycerin, Ethanol, Vitamin E (as d-alpha tocopheryl polyethylene glycol 1000 succinate).

### References:

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