

# Brain Calm

*New and Improved Formula*



## DESCRIPTION

Brain Calm is an effective blend of critical amino acids and nutrients that provide support for a calmer brain.

## FUNCTIONS

Inositol is found in all animal tissues, with the highest concentration found in the brain and heart. It is a component of the outer lining of all cells in the body, contributes to muscular and nerve function, and also plays a role in helping the processing of fats by the liver.

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. Glycine, a non-essential amino acid, also plays an important role in the activity of certain neurotransmitters.

## INDICATIONS

Brain Calm may be a useful dietary supplement for individuals wishing to supplement their neurological health.

## SUGGESTED USE

As a dietary supplement, adults take 1 or 2 capsules before dinner and/or at bedtime, or as directed by your healthcare professional.

## FORMULA (WW #10198)

### 1 Vegetarian Capsule Contains:

|                                     |        |
|-------------------------------------|--------|
| Inositol .....                      | 500 mg |
| GABA (gamma-aminobutyric acid)..... | 100 mg |
| L-Glycine .....                     | 50 mg  |
| Passion flower .....                | 100 mg |

(Passiflora incarnate L.)(aerial parts) 6:1 extract

Other Ingredients: cellulose, vegetable stearate, and silica.

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, preservatives, artificial coloring or flavoring.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

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

## REFERENCES

- Benjamin J, Levine J, Fux M, et al. Double-blind, placebo-controlled, crossover trial of inositol treatment for panic disorder. *Am J Psychiatry*. 1995;152:1084–1086.
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- Gelber D, Levine J, Belmaker RH. Effect of inositol on bulimia. *Plantey F. GHB and GABA. Am J Psychiatry*. 1977 Sep;134(9):1045-6.
- Prosser J, Hughes CW, Sheikh S et al: Plasma GABA in children and adolescents with mood, behavior, and comorbid mood and behavior disorders: a preliminary study. *J Child Adolesc Psychopharmacol* 1997; 7(3):181-199nervosa and binge eating. *Int J Eat Disord* 2001 Apr;29(3):345-8.

Manufactured For:

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