

# GABA L-THEANINE



## WHY DO I NEED THIS PRODUCT

**GABA L-Theanine Liposomal Cream** combines two unique neurotransmitter Amino Acids (GABA) and (L-Theanine) that are prominent in literature as potential treatments for anxiety, stress, depression, ADD and insomnia. These amino acids work in the brain to regulate emotions, mood, concentration, alertness and sleep. As well as appetite, energy, and other cognitive skills.

## WHAT IS GABA?

**GABA (Gamma-aminobutyric acid)** is an amino acid that serves as the primary inhibitory neurotransmitter between nerve cells in the brain and spinal cord.<sup>1</sup> It plays a role in how people experience anxiety, fear, and stress. GABA acts to slow or block certain nerve signals in the brain, sometimes reducing feelings of anxiety.<sup>2</sup>

## WHAT IS L-THEANINE?

**L-theanine** (also called theanine, or sometimes r-glutamylethylamide) is an amino acid that impacts nerve impulses in the brain and the release of neurotransmitters, including GABA. It is known as natural anxiolytic because it can have a calming, sedative effect on the body and mind without making you feel drowsy - which is why it's often used to reduce anxiety, hyperactivity and sleep-related problems.<sup>3</sup>

## WHAT DOES IT DO?

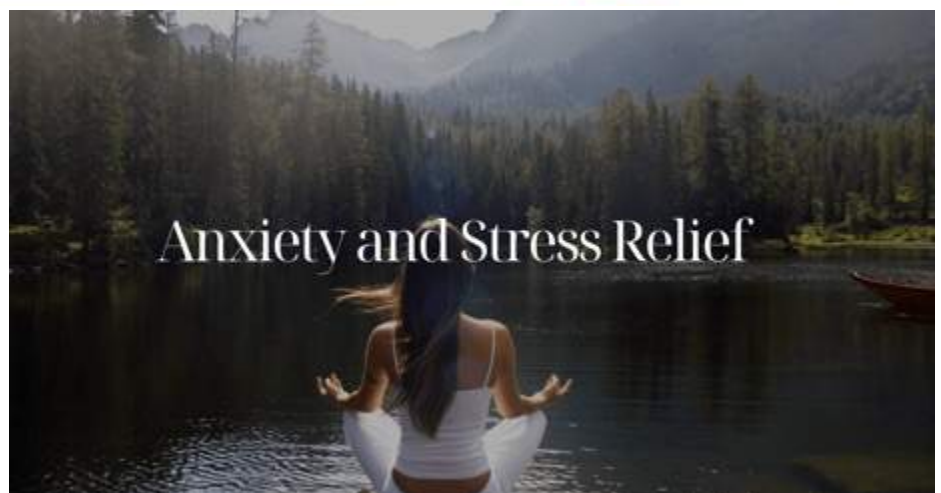
**Gaba L-Theanine** promotes relaxation and facilitates sleep by contributing to several changes in the brain. L-theanine elevates levels of GABA, as well as serotonin and dopamine. L-theanine promotes relaxation and facilitates sleep by contributing to several changes in the brain:<sup>4</sup>

- **Boosts levels of calming brain chemicals.**
- **Lowers levels of "excitatory" brain chemicals.**
- **Enhances alpha brain waves which are associated with a state of "wakeful relaxation".**

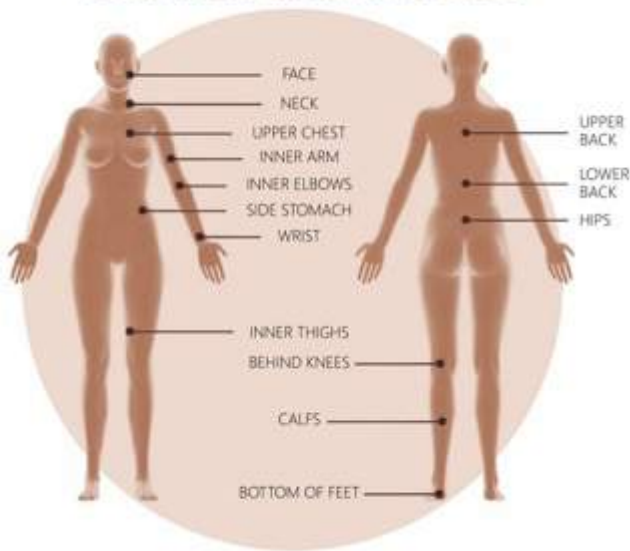
CERTIFIED



LIPOSOMAL DELIVERY  
TECHNOLOGY



**RECOMMENDED BENEFICIAL AREAS FOR  
NUTRA RELIEF CREAM APPLICATION**



**APPLICATION INSTRUCTIONS**

**Massage (2-3) pumps daily on clean skin, continue until fully absorbed.** At night, use for sleep support and during the day for calming and mental balance support. Apply to any of these skin areas: inner arms, upper chest, inner thigh, face & neck or abdomen. May be used multiple times per day or night or as recommended by your physician or health care professional.

**BEST TIME TO APPLY CREAM:**

Apply when experiencing stress, anxiety, depression, insomnia, ADHD or PMS symptoms. Apply daily as a regular supplementation routine morning and/or evening there is no toxic level. If any questions, check with your healthcare professional first.

**TOP BENEFITS OF GABA:<sup>5</sup>**

1. Relieves Anxiety
2. Improves Sleep
3. Reduces Depression Symptoms
4. Relieves Symptoms of PMS
5. Decreases Inflammation
6. Improves Focus in ADHD
7. Increases Levels of Growth Hormone

**TOP BENEFITS OF L-THEANINE:<sup>6</sup>**

1. Improving Sleep
2. Reducing Stress and Anxiety
3. Enhancing Attention, Focus, Memory and Learning
4. L-theanine may help boost other cognitive skills
5. Helping maintain a healthy weight

**Sources:**

- 1 <https://draxe.com/nutrition/l-theanine/>
- 2 <https://www.verywellhealth.com/gaba-5095143>
- 3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4728665/>
- 4 <https://www.psychologytoday.com/us/blog/sleep-new-zzz/201708/what-you-need-know-about-l-theanine#:~:text=L-theanine%20elevates%20levels%20of%20GABA%2C%20as%20well%20as%20appetite%2C%20energy%2C%20and%20other%20cognitive%20skills>
- 5 <https://nootriment.com/gaba-benefits/>
- 6 <https://www.psychologytoday.com/us/blog/sleep-new-zzz/201708/what-you-need-know-about-l-theanine#:~:text=L-theanine%20elevates%20levels%20of%20GABA%2C%20as%20well%20as%20appetite%2C%20energy%2C%20and%20other%20cognitive%20skills>



**MELT AWAY STRESSORS**

GABA + L-Theanine helps you rest, digest & repair\*

**GABA**

The body's inhibitory neurotransmitter, GABA receptors are found in the brain & gut.\*



**L-Theanine**

A calming amino acid that can help balance levels of mental strain.\*

**NutraRelief**

Together, these amino acids can support balance through the nervous system\*