

Brain Calm

DESCRIPTION

Brain Calm, provided by Douglas Laboratories, 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 diet with nutrients to support.

FORMULA (#99579)

1 Vegetarian Capsule Contains:

Inositol	500 mg
GABA (gamma-aminobutyric acid).....	100 mg
Passion flower	100 mg
(Passiflora incarnata L. aerial parts) 6:1 extract	
L-Glycine	50 mg

SUGGESTED USE

Adults take 2 capsules daily with evening meal or bedtime or as directed by physician.

SIDE EFFECTS

No adverse side effects 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.

Fux M, Levine J, Aviv A, et al. Inositol treatment of obsessive-compulsive disorder. *Am J Psychiatry*. 1996;153:1219–1221.

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):181-199. *nervosa and binge eating. Int J Eat Disord* 2001 Apr;29(3):345-8

**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.**

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