

GABA

What is GABA?

GABA (Gamma-Amino-Butyric Acid) is the main inhibitory neurotransmitter (calming molecule) in the brain. It serves as the "off" switch, reducing mental activity and inducing feelings of serenity and relaxation. It is frequently referred to as "brain's natural soothing chemical" or simply "brain's own Valium" for its ability to restore emotional balance. GABA also plays a role in the control of muscle tone, being able to relax muscle tension.

GABA plays an important role in the production of endorphins, brain chemicals that produce sensations of tranquility and well-being.

In a nutshell, GABA is an effective natural antidote for insomnia, stress and anxiety, providing relaxation for body and mind, strengthening the central nervous system (CNS) and restoring it after nerve-racking times.

What is GABA used for?

As a natural soothing substance, GABA is successfully used for the treatment of depression, anxiety, stress, sleep disorders, phobias, including social phobia, petulance, attention deficit disorder, muscle tension, elevated blood pressure, epilepsy, PMS and as a mood booster.

GABA's ability to calm and relax overexcited brain makes it an excellent natural cure for insomnia, as GABA will help you to "switch off" and fall asleep naturally and efficiently.