Brain Calm
New and Improved Formula

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, and contributes to muscular and nerve function. †

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.

FORMULA (#99579)
1 Vegetarian Capsule Contains:
Inositol .................................................................500 mg
GABA (gamma-aminobutyric acid)...............100 mg
Glycine ................................................................. 50 mg
Passion flower .................................................100 mg
(Passiflora incarnate L.)(aerial parts) 6:1 extract

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.
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REFERENCES


For more information on Brain Calm, visit douglaslabs.com

† 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.