

WHY CHOOSE
GABAdone

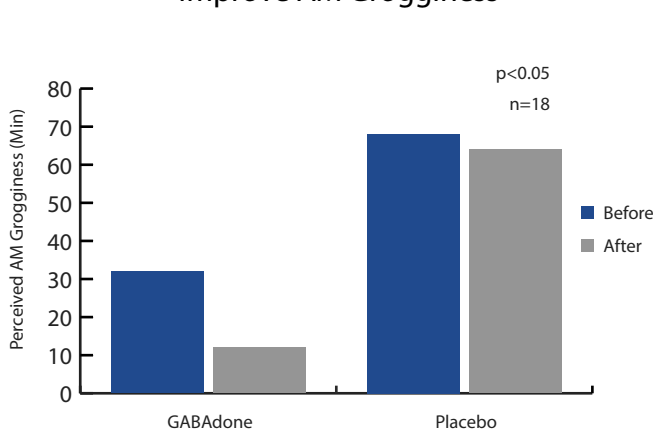
GABAdone addresses the nutritional deficiencies associated with anxiety related sleep disorders.



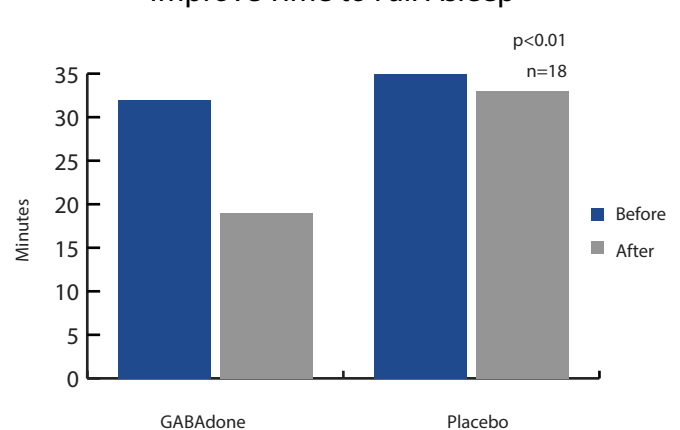
A Natural Way to Support Healthy Sleep Cycles

GABAdone is a specially formulated medical food intended for the dietary management of sleep disorders associated with anxiety. GABAdone has been recommended by physicians for over 15 years as a safe alternative to addictive and often dangerous sleep aids. GABAdone is clinically proven to improve the time it takes to fall asleep, as well as overall sleep quality. GABAdone® is a drug-free, non-addictive, and effective way to fall asleep faster. No severe side effects, significant morning grogginess, potential for addiction or tolerance build up has been reported in over 15 years of clinical use.

Improve AM Grogginess



Improve Time to Fall Asleep



In this placebo controlled trial, subjects taking GABAdone fell asleep faster and experienced significantly less morning grogginess than subjects in the placebo group. Published in the American Journal of Therapeutics, this study supports the concept that a medical food combining specific neurotransmitter precursors is an effective method for addressing the increased amino acid requirements of sleep disorders associated with anxiety.

A Randomized, Placebo-Controlled Trial of an Amino Acid Preparation on Timing and Quality of Sleep” American Journal of Therapeutics 2009



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US Patent 7,582,315; 7,585,523; 7,595,067; 7,601,369.

*The statements have not been evaluated by the FDA (U.S. Food & Drug Administration). These products are not intended to diagnose, treat, cure or prevent any disease

KEY INGREDIENTS:

GABA:

GABA is a naturally occurring amino acid that functions primarily as a communication regulator in brain cells. GABA is necessary for reducing brain and central nervous system activity when the mind and body need to relax, balance mood, alleviate pain, and create calmness. GABA has been thoroughly researched for its sleep benefits, and can be effective for individuals suffering from anxiety and stress related sleep disruptions.

Choline Bitartrate:

Choline Bitartrate is converted to acetylcholine in the human body. Acetylcholine (Ach) has a variety of benefits that include slowing the progression of dementia, improving nervous system function, and moderating sleep cycles. Ach helps regulate your body's circadian rhythm, and is strongly associated with REM sleep. The maximum recommended daily dose of Choline is 3,500mg.

L-Glutamic Acid

Glutamic acid is the most commonly occurring neurotransmitter in the Central Nervous System, and is important in the treatment of schizophrenia, depression, anxiety and other mood disorders. In GABA Done, L-Glutamic Acid helps make GABA, a very important neurotransmitter that helps initiate and maintain deep sleep. Low levels of GABA are known to interfere with deep sleep, such that people with low levels may wake easily and often throughout the night, missing out on meaningful amounts of this crucial slow-wave deep sleep.

Valeriana officinalis L.

More commonly known as valerian root, valeriana officinalis L contains compounds known to promote sleep and reduce anxiety. The compounds valerenic acid, isovaleric acid as well as a number of antioxidants have a notable interaction with GABA, preventing it from breaking down, ultimately allowing it to have its intended calming effect.

Acetyl L-Carnitine

Research suggests that L-carnitine reduces feelings of fatigue and tiredness upon waking especially in patients living with fibromyalgia and mild depression. In GABA Done, L-carnitine helps boost acetylcholine production and ensures that your nervous system has the fuel it needs to initiate and maintain restful sleep.

Dosing: It is recommended that two capsules of GABA Done be taken 30 minutes before bedtime.

Safe

Over 15 years of clinical use with no reported adverse events or drug interactions.

No Significant Grogginess

In a controlled clinical trial, patients reported significantly less AM grogginess than control group patients.

Safety Information

GABA Done® is contraindicated in an extremely small number of patients with hypersensitivity to any of the nutritional components of GABA Done.

ADVERSE REACTIONS: Ingestion of L-tryptophan, GABA or choline at high doses of up to 15 grams daily is generally well tolerated. The most common adverse reactions of higher doses – from 15 to 30 grams daily – are nausea, abdominal cramps, and diarrhea. GABA Done contains less than 1 gram of amino acids per dose, however, some patients may experience these symptoms at lower doses. The total combined amount of amino acids in each GABA Done capsule does not exceed 400 mg.

DRUG INTERACTIONS: GABA Done does not directly influence the pharmacokinetics of prescription drugs. Clinical experience has shown that administration of GABA Done may allow for lowering the dose of co-administered drugs under physician supervision.



Long Term

Clinical use shows that GABA Done does not lose efficacy over time, and is safe to take for an extended period of time without increasing the dose.

Physician Formulated

GABA Done was developed by a team of physicians researching nervous system function in combat veterans living with PTSD.