



MONTIFF INC

Don Tyson's Advanced Nutraceuticals



PURE GABA

Gamma-Aminobutyric Acid

GABA (Gamma-Aminobutyric Acid) is a nonessential amino acid that is a precursor to neurotransmitters in the Central Nervous System, which help control anxiety, vigilance, memory and muscle tension.

Each capsule of Pure GABA contains 500 mg. of pure crystalline GABA.

RECOMMENDED TO ENHANCE STRUCTURE & FUNCTION RELATING TO NUTRITIONAL NEEDS AND DEFICIENCIES PERTAINING TO:

- Proper function of the CNS (Central Nervous System)
- Inhibiting anxiety and promoting calmness
- Tranquilizing properties, which may have a beneficial effect on hypertension
- Having a role in neurological activity, which relates to epileptic seizures
- Helping regulate muscle tension, which has an effect on tremors
- Playing a role in the release of sex hormones and having an effect on prostate health
- Releasing growth hormone

WHAT IS GABA?

GABA (Gamma Aminobutyric Acid) is a nonessential amino acid metabolized in the body from Glutamic acid, which is primarily found in wheat. It is the most prevalent neuroinhibitory neurotransmitter in the central nervous system with GABA receptors throughout the brain helping to control anxiety, vigilance, memory and muscle tension. Since its neurological function helps manage anxiety, it may have a beneficial effect on individuals whose hypertension is anxiety related. It also may be helpful in reducing epileptic seizures and tremors, which are caused by other neurological disorders. GABA plays a role in hormonal function, including release of sex and growth hormone, and may have a positive effect on other pituitary disorders. Vitamins B-6, Inositol and Niacinamide are necessary for the proper metabolism of GABA.

GABA AND ANXIETY

GABA is the major inhibitory neurotransmitter in the brain, mediating neuronal inhibition by binding to the GABA/Benzodiazepine receptors. GABA prohibits excessive neuron activity preventing anxiety and stress messages from reaching the message receptive centers in the brain. It produces a calming effect similar to the way tranquilizers such as diazepam (Valium), or chlordiazepoxide (Librium) work; however, GABA does not have the addictive problems of tranquilizing medications.

GABA AND SLEEP

Because of the tranquilizing properties of this amino acid, supplementation of 1 capsule of GABA prior to bedtime may be helpful in sleep deprived individuals.

OTHER CONSIDERATIONS RE: GABA

- **HYPERTENSION**
Because stress and anxiety may influence blood pressure, the calming effect induced by Gamma Aminobutyric Acid may help in reducing hypertension in individuals whose condition is anxiety related.
- **EPILEPSY**
Low levels of GABA have been indicated in many studies in reference to epilepsy, and when GABA levels are increased there have been lower incidences of epileptic seizures. This is due to its neurological activity and inhibition of electronic signals. Many epileptic drugs are GABA enhancing; however, they may have side effects, which are not associated with GABA supplementation. Low levels of Taurine are also associated with Epilepsy.

*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

- **TREMORS**

Essential Tremors (ET) are from unknown causes, and are often confused with Parkinson's disease, although they are 20% more prevalent. Research has included the use of surgical procedures and various medications, including GABA enhancing drugs. While some have decreased tremors, these treatments may have undesirable side effects. GABA supplementation may be a successful alternative.

REGULATION OF HORMONES

GABA has a secretory effect on pituitary hormones and may have an effect on the following:

- **SEX HORMONES**

GABA is involved in the release of sex hormones, and because of the relaxation effect, it may be beneficial in those with reduced sex drives. Because of the mechanism involved in the release of the hormone prolactin in men, it may also have an effect on reducing enlarged prostates. In women, GABA receptors and serotonin are involved in the biochemistry associated with PMS symptoms.

- **GROWTH HORMONE**

GABA, as well as other amino acids, may potentiate GH secretion.

- **OTHER PITUITARY DISORDERS**

Since GABA has an effect in the regulation of hormone secretions, GABA may have beneficial results in field of neuroendocrinology. Research has been done in relationship to other pituitary disorders, as well as with pituitary tumors.

WHAT ARE THE BENEFITS OF MONTIFF'S PURE GABA?

- Montiff supplies the highest quality GABA (Gamma Aminobutyric Acid) in capsules for fast assimilation and absorption.
- Desiccant pads are provided to insure optimal freshness.

DIRECTIONS: Take 1-2 capsules per day on an empty stomach with a full glass of water or fruit juice. Do not take with hot fluids or dairy products. For proper metabolism, take with a B Complex, and Montiff B-Complete (or B-Long) is recommended.

CAUTION: Do not take more than 2 capsules of GABA (1,000 mg.) per day. Excessive amounts can increase anxiety and cause shortness of breath, tingling of extremities and numbness around the mouth.

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