

# What is 5-HTP?

5-Hydroxytryptophan (5-HTP) is an amino acid that is the intermediate step between tryptophan and the important brain chemical serotonin. There is a massive amount of evidence that suggests that low serotonin levels are a common consequence of modern living. The lifestyle and dietary practices of many people living in this stress-filled era results in lowered levels of serotonin within the brain. As a result, many people are overweight, crave sugar and other carbohydrates, experience bouts of depression, get frequent headaches, and have vague muscle aches and pain. All of these maladies are correctable by raising brain serotonin levels. The primary therapeutic applications for 5-HTP are low serotonin states as listed in Table 1.

Table 1. Conditions associated with low serotonin levels helped by 5-HTP

Depression  
Obesity  
Carbohydrate craving  
Bulimia  
Insomnia  
Narcolepsy  
Sleep apnea  
Migraine headaches  
Tension headaches  
Chronic daily headaches  
Premenstrual syndrome  
Fibromyalgia

Although 5-HTP may be relatively new to the United States health food industry, it has been available through pharmacies for several years and has been intensely researched for the past three decades. It has been available in several European countries as a medicine since the 1970s.

## Natural Path to Peace-of-Mind

In today's world, stress levels are at an all time high, and signs are everywhere that the average person's ability to cope is bending under the pressure. From a health perspective, it is no secret that stress of any kind can wreak biochemical havoc on the body's systems. Whether it is positive or negative, stress sets into motion a series of biochemical changes that can have significant consequences on overall well-being. Source Naturals offers two products providing the perfect nutritional support to help maintain serenity through it all: GABA 750 mg Tablets and GABA Calm™ Sublinguals.

# What is GABA Calm?

## A Natural Path to Peace-of-Mind

GABA Calm™ is a synergistic blend of the very nutrients upon which your body relies to combat stress and remain in a serene state when faced with overstimulation: the key neurotransmitters GABA, Taurine, and Glycine.

Studies have shown that supplements of all three are highly beneficial, serving to replace losses due to stress, as well as to fill gaps generated by poor synthesis. The  
Chemistry of Calm

Our bodies possess mechanisms to calm and regenerate themselves during times of stress. One such mechanism involves inhibitory neurotransmitters, chemicals involved in nerve regulation which serve to inhibit excessive bioelectrical activity.

The amino acids Glycine and Taurine, as well as the related compound GABA (Gamma Amino Butyric Acid) are all major inhibitory neurotransmitters of the human body. They appear to be closely related in structure and function, and in fact work in conjunction with one another.

GABA is the #1 inhibitory neurotransmitter in the brain. It is a derivative of the amino acid glutamic acid, and is related to the sleep-enhancing biochemical Gamma Hydroxy Butyrate. Many scientific studies have found that GABA plugs into and activates anti-anxiety brain receptors, bringing right to the source what the nerves need most to stay calm.

Taurine is the second most plentiful amino acid in the human brain, and has recently been acknowledged as having its own neurotransmitting properties. Taurine contributes to stability in the over-active brain in four important ways:

It serves as a brain cell membrane stabilizer, preventing excessive or erratic electrical activity in the brain.

It works synergistically with GABA and Glycine, two other important inhibitory neurotransmitters.

It suppresses the release of excitatory neurotransmitters, including norepinephrine (noradrenalin) and glutamic acid.

It helps facilitate the synthesis of GABA. This function makes Taurine nearly as valuable as external sources of preformed GABA in increasing GABA levels in the brain.

The body can generally make Taurine from the sulfur amino acid cysteine, and both can be obtained in the diet primarily from animal foods. However, inadequacies of both can arise in individuals following vegetarian diets. Additionally, and perhaps more importantly, stress may increase the body's need. Glycine, like GABA and Taurine, is one of the brain's major inhibitory neurotransmitters. It is found naturally throughout the brain, where it is thought to be involved in stabilizing the misfiring and overactivity of nerve cells. Supplemental Glycine has been shown to readily pass the Blood-Brain-Barrier, where it acts synergistically with GABA and Taurine.

#### Additional Nutrients for Optimal Benefit

To optimize the benefits of these key neurotransmitters in GABA Calm, Source Naturals has taken three important extra steps. First, they added Magnesium, an essential mineral the nerves and muscles rely upon to relax following excitation and tension, and which tends to be depleted during times of stress. Second, they added the balancing amino acid N-Acetyl L-Tyrosine to provide a lift, so you can remain up and awake, even while being soothed away from stress. Third, and most importantly, Source Naturals incorporated sublingual technology in GABA Calm; this means the formula enters the bloodstream directly, bypassing losses that might occur during

digestion, while simultaneously enhancing utilization. In addition to providing GABA in GABA Calm, Source Naturals offers a high-potency stand-alone GABA product, GABA 750 mg. It is the natural way to add a pure source of calm to your diet.