PharmaGABA-100 / PharmaGABA-250
nature’s calming neurotransmitter*

GABA regulates nervousness by calming excitatory neurotransmitter activity*

Increased GABA levels improve mental focus and relaxation, without drowsiness*

In at least one study, natural PharmaGABA decreased signs of stress;* synthetic GABA did not

Stress is a normal part of life. Job pressures, family contention, financial insecurity, traffic, and time management are just a few of the stressors we are faced with on a daily basis. For some people, the effects can be overwhelming, leading to feelings of nervousness. Managing stress can exert beneficial effects on the cardiovascular, immune, and neuroendocrine systems.*

Gamma-aminobutyric acid (GABA) is a major neurotransmitter widely distributed throughout the central nervous system. Because too much excitation can lead to irritability, restlessness, and sleep problems, it must be balanced with inhibition. GABA – the most important inhibitory neurotransmitter in the brain – provides this inhibition, acting like a “brake” during times of runaway stress.* Studies indicate GABA can improve relaxation and enhance sleep.*

A Unique, Natural GABA Formulation
PharmaGABA® is a natural form of GABA, manufactured from Lactobacillus hilgardii (the bacteria used to ferment vegetables in the preparation of the traditional Korean dish, kimchi). Natural PharmaGABA-100 contains 100 mg GABA per capsule, while PharmaGABA-250 contains 250 mg GABA per capsule.

*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
The Science Behind PharmaGABA

Clinical studies have shown that natural PharmaGABA increases the production of alpha-brain waves, creating a profound sense of physical relaxation while maintaining mental focus.* In contrast, stress-related beta-waves are decreased.*

A small pilot study conducted at the University of Shizuoka in Japan enrolled 13 healthy volunteers, seven males and six females, ages 21-35. EEG recordings were made before and after each of three administrations of 200 mL distilled water: (1) only distilled water; (2) distilled water containing 100 mg PharmaGABA; and (3) distilled water containing 200 mg L-theanine (an amino acid from green tea known to increase alpha-brain waves). Tests of the three administrations were separated by seven-day intervals. EEG recordings were made before administration, then at 0, 30, and 60 minutes after each administration for five-minute recording sessions. Alpha and beta waves were calculated as a percentage, and pre- and post-administration values were compared. Alpha-to-beta ratios were calculated as a ratio between alpha and beta percentage values. GABA produced significant effects on both increasing alpha waves (Figure 1) and decreasing beta waves, resulting in a highly significant increase in the alpha-to-beta wave ratio.*

In addition to changes in brain waves, PharmaGABA has been shown to produce relaxation as evidenced by reduced pupil diameter, heart rate, and markers of stress – salivary cortisol and chromagranin A.* In a head-to-head, double-blind trial of natural PharmaGABA versus synthetic GABA, the synthetic GABA did not demonstrate these effects.2

A study on healthy male athletes using PharmaGABA added to a beverage showed a reduction in stress markers during and after exercise.*

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Additional clinical studies with PharmaGABA yield further evidence of its anti-stress activity.*1 Secretory IgA (sIgA) is an important antibody in saliva that helps support immune function. Typically, during times of stress salivary sIgA levels drop. In one study, subjects with acrophobia (fear of heights) traversed a long walking suspension bridge that spanned a 150-foot high canyon. Salivary sIgA levels decreased when subjects were given a placebo; however, when they were given PharmaGABA, salivary sIgA levels were maintained half-way across the bridge and actually increased upon completion of the crossing (Figure 2).*

Suggested Usage
PharmaGABA-100 – for mild stress take 1 capsule three times daily
PharmaGABA-250 – for stress take 1 capsule three times daily

Side Effects and Contraindications:
Natural PharmaGABA is gentle and non-addictive with virtually no side effects.

Pregnancy: A woman who is pregnant, or might become pregnant, should not take PharmaGABA.

Children: Not recommended for children under age six years, unless prescribed by a health-care practitioner.

Who Should Use PharmaGABA?

Anyone feeling overwhelmed or over-committed*

Anyone coping with mental, emotional, or physical stress*

People suffering from poor sleep quality*

Athletes engaging in strenuous workouts (that tend to elevate cortisol levels and depress immunity)*

PHARMAGABA-100

Supplement Facts
Serving Size: One Capsule
Servings Per Container: 60
Each Capsule Contains: % DV
Gamma-Aminobutyric Acid (GABA) 100 mg *

*Daily Value (DV) not established.
Other Ingredients: Cellulose, Hypromellose (derived from cellulose) capsule, MagnesiumCitrateLaurate.

PHARMAGABA-250

Supplement Facts
Serving Size: One Capsule
Servings Per Container: 60
Each Capsule Contains: % DV
Gamma-Aminobutyric Acid (GABA) 250 mg *

*Daily Value (DV) not established.
Other Ingredients: Cellulose, Hypromellose (derived from cellulose) capsule, MagnesiumCitrateLaurate.
enjoy nature’s calming effects

PharmaGABA-100
PharmaGABA-250
find that zen feeling!

Feel less stressed. Get a better night’s sleep.
PharmaGABA-100 (formerly PharmaGABA-Pro) and PharmaGABA-250 provide a gentle, non-habit-forming, all-natural source of GABA, the calming brain neurotransmitter. GABA helps promote mental relaxation and allows the stress and worries of the day to melt away, without causing drowsiness.*

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PharmaGABA-250 plus
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