

Calm Support (60 vcaps)

£19.90

Calm Support combines GABA, an amino acid with natural calming actions, with several other nutrients that work together to support normal mood function. By supporting the activity of certain brain neurotransmitters (chemical messengers), the nutrients in this formula help maintain normal brain function.

GABA (gamma-aminobutyric acid): is a major inhibitory neurotransmitter in the central nervous system that is critical for normal brain function. As it is an inhibitory neurotransmitter, GABA helps prevent over-firing of nerve cells by blocking the transmission of an impulse from one cell to another in the central nervous system. GABA may promote a sense of tranquillity in individuals who are over-anxious or agitated.

L-Glycine: an amino acid used by the body to build proteins, enhances the activity of neurotransmitters in the brain that are involved in memory and cognition. Glycine is a non-essential amino acid with a simple structure that can normally be synthesized in the body and is readily used in the formation of proteins, nucleic acids, and other amino acids. Glycine also appears to exert several protective effects on inflammatory cells to suppress the formation of free radicals in inflammatory cytokines.

Inositol: a substance related to B vitamins, helps regulate release of serotonin, a neurotransmitter that affects mood and behaviour. Inositol is required for proper formation of cell membranes and an important messenger in our body's neuro-communication system. Inositol also triggers other cell functions related to glucose and fat metabolism.

Taurine: is an amino acid compound that helps regulate heartbeat, maintains cell membrane stability, and prevent brain cell over-activity. The ability of taurine to help modulate calcium levels in cells, stabilize membranes, and restore antioxidant enzymes account for many of its beneficial actions.

Calm Support can be taken to help support balanced mood function and exert a calming influence during times of stress.

Suggested Use: 1 to 2 capsules daily between meals or as directed by a health professional.

Cautions and Contraindications: No adverse reactions or drug interactions have been reported.

This product was made in a GMP and ISO 9001:2000 registered facility.

Last updated: September 2009

Supplement Facts		
Serving Size 1 Capsule		
Amount Per Capsule	% Daily Value	
GABA (Gamma-aminobutyric acid)	100 mg	*
L-Glycine	50 mg	*
Inositol	650 mg	*
Taurine USP	50 mg	*

* Daily value not established
Other Ingredients: Cellulose, Vcaps™ vegetarian capsule, water, silicon dioxide, and magnesium stearate.

This information service is not intended to make any claims or provide medical advice. Please www.bio-vitality.com for clinical references.

Bio-Vitality Limited, PO Box 493, Guernsey, Channel Islands, GY1 6BY

Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.

Online at www.bio-vitality.com (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.