

# 200 mg of Zen

## Calmness Support Day or Night\*

**200 mg of Zen** contains gamma-aminobutyric acid (GABA) and theanine (glutamic acid gamma-ethylamide), an amino acid derivative found naturally in green tea (*Camellia sinensis*). Together they help support healthy moods and a feeling of relaxation without sedation, whether during the day or the night.\*



#74700  
60 vegetarian capsules

#76650  
120 vegetarian capsules

### Key Features

- Supports a feeling of general relaxation and enhanced calmness\*
- May promote a normal, healthy attitude and normal symptoms during PMS\*
- May be helpful during daytime or nighttime\*

### Also Available

## Liposomal Zen

### Enhanced Calmness Day or Night\*

**Liposomal Zen** is an advanced delivery version of our product, 200 mg of Zen.\* Its liposomal delivery system uses pure soy-free essential phospholipids from sunflower lecithin, for increased direct absorption.\* The unilamellar (single bilayer) liposomes encapsulate the ingredients inside a spherical phospholipid bilayer membrane, which allows increased direct absorption in the upper intestine.\*



#76810  
50 mL (1.7 fl. oz.)

**AllergyResearchGroup®**  
Innovative Nutrition

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Research has shown that dietary components can modulate the body's levels of neurotransmitters, e.g. serotonin, dopamine, norepinephrine, and GABA. Alterations in the levels of these neurotransmitters, perhaps induced by metabolic stress or vitamin deficiencies, e.g. vitamin B6, can significantly influence mood and emotional status, as well as motor function.\*

**GABA** is the major inhibitory neurotransmitter in the brain and is active at 20% of central nervous system synapses. GABA, via its neuronal A receptor, inhibits neurons by causing an influx of chloride ions. This chloride influx initiated by GABA is known to be part of the bodily mechanisms involved with mood, muscle relaxation and sedation.\* A decrease in GABA's function as an inhibitory mediator or a dysregulated sensitivity of GABA receptors can lead to excessive neuronal activity.\*

**Theanine** is also recognized to have calming properties.\* Theanine offers a unique combination of properties, allowing it to help relieve occasional sleeplessness, and at other times to help restore calm alertness when experiencing fatigue or drowsiness.\* Human studies have demonstrated that oral theanine supplementation increases alpha wave activity, fostering a state of calm relaxation.\* Theanine also supports a normal, healthy attitude during premenstrual syndrome, and diminishes the normal symptoms of premenstrual syndrome.\*

Although L-theanine is a component of green tea, 200 mg of Zen does not contain caffeine. We use only Suntheanine®, pure L-theanine from Taiyo International, Inc.

## References:

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## 200 mg of Zen

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30 or 60

## Amount Per Serving % Daily Value

Amount Per Serving	% Daily Value
GABA (Gamma-Aminobutyric Acid)	
550 mg	†
L-Theanine	200 mg
	†

† Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, rice hull concentrate, gum arabic, sunflower oil.

**Suggested Use:** As a dietary supplement, 1 or 2 capsules daily between meals, or as directed by a healthcare practitioner.

**Caution:** If taking antidepressants or other psychotropic medications, use only under the supervision of a qualified healthcare practitioner. Although we are not aware of any interactions, because these also affect brain function there is theoretical potential for negative or positive interactions, either of which would need to be monitored.

## Liposomal Zen

## Supplement Facts

Serving Size 4 Pumps (2 mL)  
Servings Per Container 25

## Amount Per Serving % Daily Value

Amount Per Serving	% Daily Value
GABA (Gamma-Aminobutyric acid)	150 mg
	†
L-Theanine	100 mg
	†
Phospholipids (from Sunflower Lecithin)	135 mg
	†

\*Percent Daily Values are based on a 2,000 calorie diet.

† Daily value not established.

Other ingredients: Water, glycerin, ethanol, d-alpha tocopheryl polyethylene glycol 1000 succinate.

**Suggested Use:** As a dietary supplement, 1 to 4 pumps one or two times daily between meals, or as directed by a healthcare practitioner.

**Caution:** If taking antidepressants or other psychotropic medications, use only under the supervision of a qualified healthcare practitioner. Although we are not aware of any interactions, because these also affect brain function there is theoretical potential for negative or positive interactions, either of which would need to be monitored.



Nu-MAG® is a trademark of RIBUS, Inc.



Contains Suntheanine®, pure L-theanine from Taiyo International, Inc.