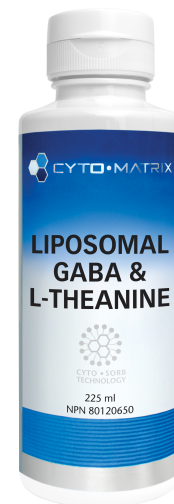


# Liposomal GABA & L-Theanine - Liquid - Citrus

300mg of GABA and 100mg of L-theanine per teaspoon in micellar liposomal delivery for enhanced bioavailability, stability and sustained release. Designed to support stress, sleep and mood. Natural orange flavour.



Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free

- GABA is an inhibitory neurotransmitter in the brain, responsible for calming the overactive central nervous system, and has been studied for its ability to improve mood, sleep parameters and both subjective and objective markers of the stress response
- L-theanine is an amino acid naturally found in green tea that can balance neurotransmitters in the brain and support a calm, yet focused, state
- Patented Cyto-Sorb technology utilizes a two-phase emulsion process with phosphatidylcholine sourced from non-GMO sunflower, vitamin E and organic coconut vegetable glycerin to create micellar liposomes and drastically improve the bioavailability, stability and sustained release
- Each teaspoon provides 300mg of micellar liposomal GABA and 100mg of micellar liposomal L-theanine in a

delicious natural orange flavour for improved compliance

- 225mL per bottle offers 45 servings

Stress, insomnia and mood imbalances often clinically present together and share common pathophysiological pathways. Although hormonal inputs, genetic predispositions and biochemical individualities may vary, an overactive nervous system is a common clinical concern and treatment target. **Liposomal GABA + L-Theanine** by Cyto-Matrix is designed to offer two evidence-based nutrients in a unique and improved delivery system to optimally calm the nervous system.

Gamma-aminobutyric acid, most commonly referred to as **GABA**, is the major inhibitory neurotransmitter found in the human brain and is responsible for calming the mind under excitatory conditions. Lower brain levels of GABA have been correlated with various mood disorders, sleep concerns and other neurological disorders. Studies indicate that GABA can improve relaxation and concentration during times of stress, reduce sleep latency and increase time spent in deep sleep. Additionally, if

supplemented with GABA beforehand, individuals show stable levels of salivary immunoglobulin A (IgA) and reduced cortisol levels when exposed to stress. Collectively, these mechanisms all indicate a reduced and more balanced stress response.

**L-Theanine** is another compound that is well-known to calm the mind and improve focus, in part through GABA receptor activation. As an amino acid naturally sourced from green tea, research has found that L-theanine can positively impact serotonin, dopamine and GABA in the brain. This ultimately leads to an increase in alpha-brain waves and a calm, yet focused, state. Clinical trials have confirmed that these actions lead to reduced stress, improved learning capacity and improved mood. L-theanine also has potential cardiovascular and detoxification benefits through cholesterol protection and increased glutathione levels. Collectively, L-theanine balances the nervous system and provides potent antioxidant support to protect the body from damage.

**Liposomal GABA + L-Theanine** by Cyto-Matrix has combined these two evidence-based and effective nutrients into an optimized delivery system for best clinical outcomes. Liposomal delivery systems were originally developed to optimize the pharmacokinetics and efficacy of pharmaceutical drugs. These same principles have now been applied to natural health ingredients. A liposome consists of either a single-layered or multi-layered phospholipid structure with an aqueous core. Active ingredients can be placed inside the aqueous core or within the phospholipid bilayer, where they are protected from various enzymatic and digestive processes. Ultimately, liposomes provide improved bioavailability for active ingredients.

However, not all liposomal delivery systems are created equal. Liposomes are several hundred nanometers in size, which means that there is still a

significant amount of digestion that must occur to decrease surface area and allow for proper absorption. Micelles, on the other hand, are significantly smaller and can be absorbed directly at ~20 nanometers in size.

**Liposomal GABA + L-Theanine** by Cyto-Matrix utilizes **Cyto-Sorb**, a unique and patented technology, in order to create a stable multi-layered liposome with additional micellar delivery of nutrients. These methods allow for micronutrient stability and improved bioavailability, while also promoting the delivery of active ingredients to the intestinal sites of absorption in a sustained release fashion.

Cyto-Sorb liposomal formulas are produced through a two-phase emulsion process utilizing phosphatidylcholine sourced from non-GMO sunflower, vitamin E and organic coconut vegetable glycerin. Potassium bicarbonate is strategically added to stabilize the active ingredient, prevent oxidation and improve flavour. **Liposomal GABA + L-Theanine** by Cyto-Matrix provides 300mg of GABA and 100mg of L-theanine per teaspoon in micellar liposomal delivery for improved bioavailability and clinical efficacy. Each bottle provides 45 servings in a delicious natural orange flavour.

#### Each 5mL teaspoon contains

GABA .....	300mg
(4-Aminobutanoic acid)	
L-Theanine .....	100mg
Vitamin E .....	10IU/6.7mg AT
(d-alpha tocopherol)	

#### Non-Medicinal Ingredients

Purified water, glycerin, sunflower oil, phosphatidylcholine, natural orange flavour, turmeric extract, natural lemon flavour, acacia gum, citric acid.

#### Recommended Use Claim

Helps to temporarily promote relaxation.

### Directions of Use

Adults - Take 1 teaspoon per day or as directed by a healthcare professional. Shake before use.  
Refrigerate after opening.

### Cautions and Warnings

Do not use if safety seal is broken. Consult a healthcare professional prior to use if you are pregnant or breastfeeding or if you have glaucoma, and/or overactive bladder syndrome (detrusor instability). Consult a healthcare professional if symptoms persist or worsen.

### Duration of Use

Consult a healthcare professional for use beyond 4 weeks.

### Contraindications

Do not use with alcohol.

### Storage Conditions

Do not use if safety seal is broken. Refrigerate after opening.