

GABA is a Potent Neurotransmitter Necessary for Restful Sleep and Recovery
GABA (Gamma-Aminobutyric Acid) is an amino acid that regulates brain & nerve cell activity by inhibiting the firing of neurons in the brain. GABA is referred to as "the brain's natural calming agent." By inhibiting over-stimulation of the brain, GABA may help to promote relaxation and ease nervous tension. Taken at bedtime, supplemental GABA may assist some people in the initiation of sleep and produce a deeper and more beneficial sleep cycle.

GABA Stimulates the Production of Growth Hormone (GH)
In studies, Growth Hormone (GH) has been found to facilitate the metabolism of fats in the body. GH is also known for its powerful muscle building effects. Increasing GH can have a range of positive results, especially for bodybuilders. GH decreases naturally with age, so the older you get, the harder it is to lose fat. That's one of the reasons supplementing with GABA has become so popular.

Studies Show GABA Has the Potential to Increase GH Fivefold
One study conducted by First Medical Clinic at the University of Milan in Italy, found that 90 minutes after GABA supplementation, GH levels increased 5 times. This research studied 19 subjects who took 5 grams of GABA orally compared to 18 placebo subjects. After 90 minutes, GH levels in the GABA group were found to have increased by 500%.

GH is One of the Most Powerful Hormones in Your Body
In the human body, GH promotes the growth of lean muscle tissue and the loss of fat. As you age, growth hormone levels drop which is one of the reasons you lose muscle and gain fat as you age. In a controlled trial, Arginine and other amino acids were combined with weight training to effectively enhance growth hormone levels.

High-Performance Liquid Chromatography (HPLC) Verified



Exp 07/2019 Lot GA120887

975 Bennett Drive
Longwood, FL 32750



MADE IN
THE USA

HPLC Verified

PHARMACEUTICAL GRADE

125 Grams (0.27 lbs)

DIETARY SUPPLEMENT

NutraKey
Health Performance INC

RECOVERY
ESSENTIALS

ULTRA PURE
NO FILLERS

GABA

GAMMA-AMINOBUTYRIC ACID

Ultra Micronized **Max** Bioavailability

SPEED MUSCLE RECOVERY

- PROMOTE RELAXATION & SLEEP
- STIMULATE GH PRODUCTION
- REGULATE NEUROTRANSMITTERS

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Supplement Facts

Serving Size: 1 Scoop (3 grams)
Servings per container: 42

Amount Per Serving

%DV

GABA (Gamma-Aminobutyric Acid)

3000 mg

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** Daily Value not established.

Other Ingredients: None. Contains absolutely no added fillers, excipients, or substances.

Recommended Use: Take 1 serving (1 scoop) with water or your favorite beverage. For best results, take before sleep on an empty stomach. GABA powder is hygroscopic and may clump during storage, this does not affect the quality of the product. GABA easily dissolves in liquids and does not have an unpleasant taste. GABA may also be dissolved directly in the mouth for quicker absorption.

- INCREASE NATURAL GH LEVELS LEADING TO LESS BODY FAT
- PROMOTE RESTFUL SLEEP AND RECOVERY
- IMPROVE LEAN TISSUE TO STORED FAT RATIO
- REDUCE THE GH LOWERING EFFECTS OF AGING
- BENEFIT FROM THE THE EFFECTS OF NATURALLY ELEVATED GROWTH HORMONE

Pure Nutrition Go Green

Warning: Pregnant or lactating women, diabetics, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements. Do not use if seal is broken.

These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.