

## Brain Calm

### New and Improved Formula

#### DESCRIPTION

Brain Calm, provided by Douglas Laboratories, is an effective blend of critical amino acids and nutrients that provide support for a calmer brain.

#### FUNCTIONS

Inositol is found in all animal tissues, with the highest concentration found in the brain and heart. It is a component of the outer lining of all cells in the body, and contributes to muscular and nerve function. †

GABA (gamma-aminobutyric acid) is an amino acid that functions as a neurotransmitter in the brain. GABA is synthesized in the brain from another amino acid, glutamate, and functions as an inhibitory neurotransmitter – meaning that it blocks nerve impulses. In the body, GABA is concentrated in the hypothalamus region of the brain and is known to play a role in the overall functioning of the pituitary gland – which regulates growth hormone synthesis, sleep cycles, and body temperature. Glycine, a non-essential amino acid, also plays an important role in the activity of certain neurotransmitters. †

#### INDICATIONS

Brain Calm may be a useful dietary supplement for individuals wishing to supplement their neurological health.

#### FORMULA (#99579)

1 Vegetarian Capsule Contains:

Inositol .....	500 mg
GABA (gamma-aminobutyric acid).....	100 mg
Glycine.....	50 mg
Passion flower .....	100 mg
(Passiflora incarnate L.)(aerial parts) 6:1 extract	

#### SUGGESTED USE

Adults take 2 capsules daily with evening meal or bedtime or as directed by physician.

#### SIDE EFFECTS

No adverse side effects reported.

#### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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### REFERENCES

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**For more information on Brain Calm, visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



**You trust Douglas Laboratories.  
Your patients trust you.**