

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.*

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*



Item #74700: 60 vegetarian capsules
Item #76650: 120 vegetarian capsules

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.*



Item #76810
50 mL (1.7 fl. oz.)

200 mg of Zen

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:

- Timmcke JQ, Juneja LR, Kapoor MP. FASEB J. April 2008;22 (Meeting Abstract Supplement) 760.
- Ueda T, Ozeki M, Okubo T, Chu D, Juneja LR, Yokogoshi H, Matsumoto S. JSPG J. Vol. 6, No. 2, pp 234-239, December 2001.
- Anderson JM, Mortimore C. Adv Exp Med Biol 1999;467:43-55.
- Benton D, Donohoe RT. Public Health Nutr 1999;2:403-9.
- Eghbali M, Curmi JP, Birnir B, et al. Nature 1997;388:71-5.
- Coddard AW, Mason GF, Almai A, et al. Arch Gen Psychiatry 2001;58:556-61.
- He P, Wada S, Watanabe N, et al. J of Food Sci, 2000;65:30-33.
- Juneja L, Chu D, Okuba T. Trends Food Sci Tech 1999;10:199-204.
- Kakuda T, Nozawa A, Unno T, et al. Biosci Biotechnol Biochem 2000;64:287-93.
- Kakuda T, Yanase H, Utsunomiya K, et al. Neurosci Lett 2000;289:189-92.
- Kimura R, et al. Chem Pharm Bull (Tokyo) 1986;34:3053-7.
- Lombard CB. Med J Aust 2000;173 Suppl:S104-5.
- Markus CR, Panhuysen C, Tuiten A, et al. Appetite 1998;31:49-65.
- Moore P, Gillin C, et al. Arch Gen Psychiatry 1998;55:534-9.
- Paul SM, Marangos PJ, Skolnick P, et al. Encephale 1982;8:131-44.
- Paz A, Berry EM. Ann Nutr Metab 1997;41:291-8.
- Petty F, Trivedi MH, Fulton M, et al. Biol Psychiatry 1995;38:578-91.
- Prasad C. Braz J Med Biol Res 1998;31:1517-27.
- Sadzuka Y, Sugiyama T, Sonobe T. Toxicol Lett 2000;114:155-62.
- Shiah IS, Yatham LN. Life Sci 1998;63:1289-303.
- Sugiyama T, Sadzuka Y. Cancer Lett 1998;133:19-26.
- Sugiyama T, Sadzuka Y, Tanaka K, et al. Toxicol Lett 2001;121:89-96.
- Sundstrom I, Ashbrook D, Backstrom T. Psychoneuroendocrinology 1997;22:25-38.
- Unno T, Suzuki Y, Kakuda T, et al. J Agric Food Chem 1999;47:1593-6.
- Verger P, Lagarde D, Batejat D, et al. Physiol Behav 1998;64:317-22.
- Vescovi PP, Volpi R, Coiro V. Alcohol 1998;16:325-8.
- Wells AS, Read NW, Laugharne JD, et al. Br J Nutr 1998;79:23-30.
- Yokogoshi H, Kato Y, et al. Biosci Biotechnol Biochem 1995;59:615-8.
- Yokogoshi H, Kobayashi M. Life Sci 1998;62:1065-8.
- Yokogoshi H, Mochizuki M, Saitoh K. Biosci Biotechnol Biochem 1998;62:816.

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



200 mg of Zen

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30 or 60

Amount Per Serving	% Daily Value
GABA (Gamma-Aminobutyric Acid)	550 mg †
Suntheanine® 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.

Warning: 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
GABA (Gamma-Aminobutyric acid)	150 mg †
Suntheanine® L-Theanine	100 mg †
Phospholipids (from Sunflower Seed Lecithin)	135 mg †

† 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.

Warning: 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.