



The Healing Sanctuary
an affiliate of Mountain View Hospital

S U P P L E M E N T S

Healing Gaba

*Indicated for Healthy Brain Function
(Especially Anxiety & Insomnia)*

GABA is naturally produced by the brain and works as an anti-anxiety neurotransmitter. It helps to counterbalance our fight-or-flight response *relaxing the body*. The combination of GABA, L-Theanine and Passionflower supports *mental health and helps to reduce anxiety, insomnia, PMS, and may also help to manage pain*.

Suggested Use

Take 1 capsule daily or as directed by a qualified health professional.

Quantity: 60 Capsules.

Other Ingredients

L-Theanine, Passionflower, Magnesium, Silica, Gelatin Capsule.



This Formula Includes:

GABA (*γ-Aminobutyric acid, a natural amino acid*)

A neurotransmitter that lessens a nerve cell's ability to receive, create or send chemical messages to other nerve cells. This produces a calming effect so less fear, anxiety and stress.

Certain neurologic and mental health conditions are thought to be related to times when GABA messaging activity ("signaling") isn't in balance and working as it should.

Found only in trace amounts of food, taking GABA may improve:

- Mood
- Schizophrenia
- Autism spectrum disorder
- Depression
- Epilepsy, seizures
- Relieve anxiety
- Lower blood pressure
- Treat ADHD
- Lessen PMS
- Improves sleep

The ingredients in this product are supplied by a well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.