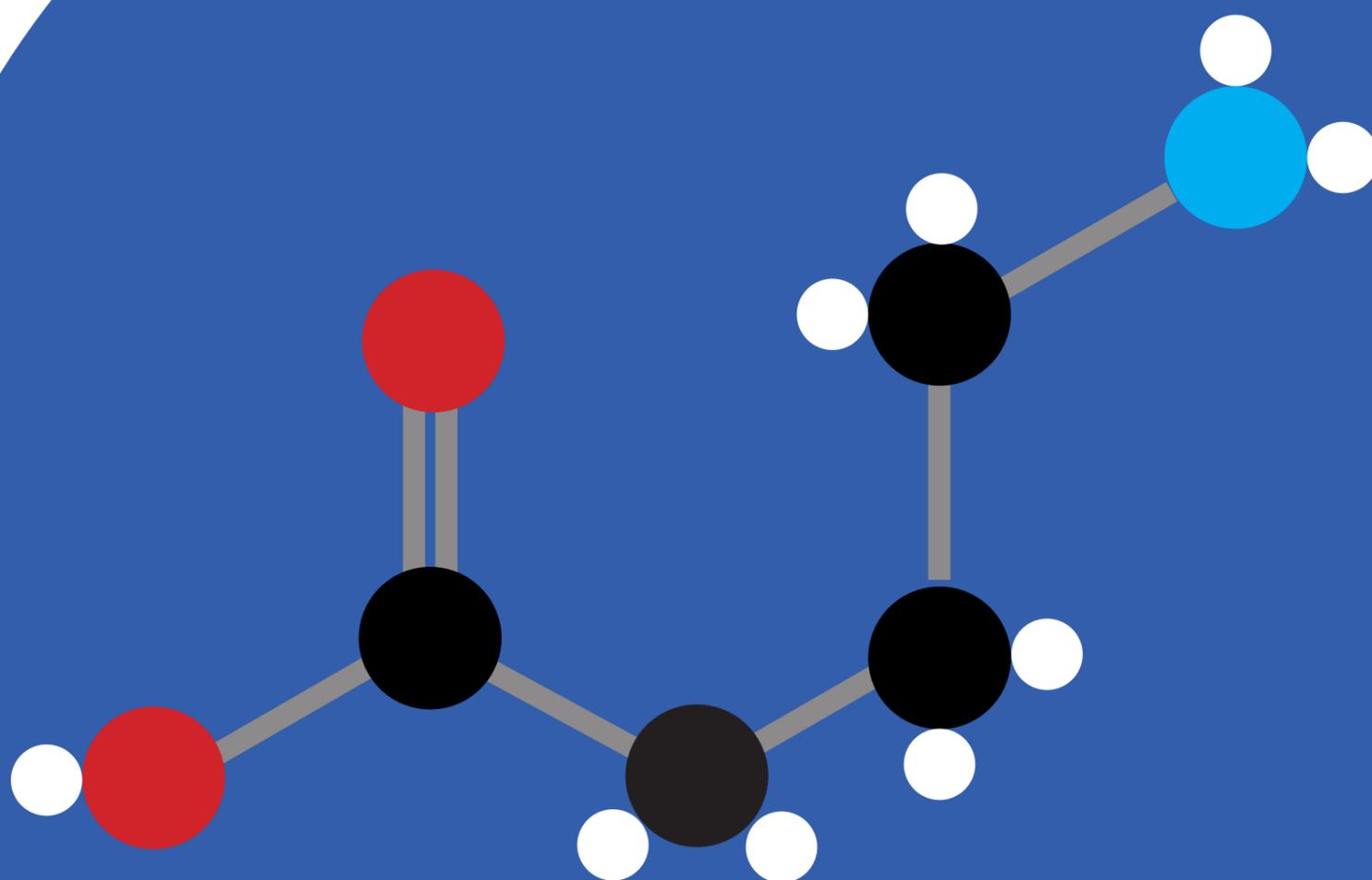


γ-AMINOBUTYRIC ACID



THE CALMING NEUROTRANSMITTER



Gamma-aminobutyric acid (GABA) is the major inhibitory neurotransmitter of the brain; its role is to calm firing nerves in the central nervous system. Increased levels improve mental focus and relaxation, whilst low levels can cause anxiety, and have also been linked with epilepsy. GABA also contributes to motor control and vision. Drugs to treat epilepsy often act by increasing levels of GABA in the brain.