

# ANS RELAX



## ANS Relax Supplementation

ANS Relax is a comprehensive formula made to support a better sense of relaxation by supporting a healthy balance between the neurotransmitters GABA and glutamate.<sup>♦</sup> This innovative formula features key neurological-supporting ingredients, including N-acetyl-L-cysteine, taurine, EGCG from green tea, as well as magnesium and vitamin B6.<sup>♦</sup>

The most pertinent research-backed benefits of supplementation with ANS Relax may include:

- Supports healthy GABA-glutamate balance<sup>♦</sup>
- Supports relaxation and tranquility<sup>♦</sup>
- Supports cognitive function and healthy mood<sup>♦</sup>

## How ANS Relax Works

Stress is a necessary part of life, but over time it can have deleterious effects on our health and well-being if it's not properly managed. In fact, estimates suggest that over 65% of adults deal with some form of stress. This is where the nutrients in ANS Relax can help by supporting healthy neurotransmitter balance for relaxation.<sup>♦</sup>

The foundation ingredients of the ANS Relax formula are decaffeinated green tea leaf extract, taurine, and N-acetyl-L-cysteine (NAC), which work in synergy to balance the calming properties of GABA and the excitatory properties of glutamate.<sup>♦</sup>

GABA is the major inhibitory neurotransmitter of the central nervous system (CNS) in humans. When GABA levels increase in the brain, excitability decreases and relaxation ensues. Research also suggests that GABA significantly increases alpha waves and decreases beta waves in the brain, thereby promoting healthy mood.<sup>♦1</sup>

Glutamate, on the other hand, works as an excitatory neurotransmitter in the CNS, meaning it promotes healthy cognitive processes in the brain (particularly learning and memory).<sup>♦</sup> However, having an imbalance between GABA and glutamate that favors the latter can lead to cognitive impairment and an increase in neurodegenerative processes.<sup>2</sup> As such, it's key to balance the interplay between these two neurotransmitters to support relaxation, which is precisely how the ingredients in ANS Relax work.<sup>♦</sup>

Research shows that catechins and EGCG from green tea, taurine, and NAC act on GABA receptors and enzymes that convert glutamate into GABA, thereby supporting healthy GABA-glutamate balance in the body.<sup>♦3,4,5</sup>

ANS Relax also contains essential micronutrients, magnesium and vitamin B6, which help balance cortisol and serotonin production, thereby supporting healthy mood and a sense of tranquility.<sup>♦6,7</sup>

## Why Use ANS Relax?

Research cited herein suggests that the nutrients in ANS Relax play pivotal roles in supporting a healthy balance between GABA and glutamate in the body, as well as serotonin and cortisol.<sup>♦</sup> In turn, these nutrients can help promote a better sense of calmness and relaxation.<sup>♦</sup>

For more information, visit: [www.justbewell.info](http://www.justbewell.info)

# Supplement Facts

Form: 120 Capsules

Serving Size: 2 Capsules

Ingredients:	Amount	%DV
Vitamin B6 (as pyridoxine HCl)	12.5 mg	735%
Magnesium (as dimagnesium malate)(Albion®)	100 mg	24%
L-Taurine	500 mg	**
N-Acetyl-L-Cysteine	300 mg	**
Green Tea Extract (leaf; <i>Camellia sinensis</i> ; standardized to 98% polyphenols, 75% catechins, 45% EGCG)	150 mg	**

**Other Ingredients:** Hydroxypropyl methylcellulose, microcrystalline cellulose, vegetable magnesium stearate, silica.

**Suggested Use:** Take two capsules twice daily or as directed by your healthcare practitioner.

**Caution:** If you have congestive heart failure, kidney disease, or are taking medication, including anticoagulants, consult your healthcare practitioner before use. Maintain adequate fluid intake while using this product. Keep out of reach of children.

**Warning:** Do not use if pregnant or nursing.

## References:

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6. Hvas, A. M., Juul, S., Bech, P., & Nexø, E. (2004). Vitamin B6 level is associated with symptoms of depression. *Psychotherapy and psychosomatics*, 73(6), 340-343.
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\* 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.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A  
cGMP FACILITY