

# Lentra™ GABA Receptor Formula\*

## SYNOPSIS AND REVIEW

Use when support is needed for the inhibitory neurotransmitter system, particularly GABA.\* Research shows GABA controls excitability in the brain, making healthy GABA activity critical for calm, relaxation, mood and sleep.<sup>1</sup> The ingredients in Lentra work together to support healthy GABA activity.\*

The NeuroSupport Blend™ (NSB) enhances absorption.\* Improved absorption allows for smaller doses and fewer capsules.

Lentra contributes, along with **Prolent™** or **Tranquilent™**, to rebalancing and supporting the inhibitory system. Lentra may be recommended in combination with **SomniTR™** or **Tranquilent™** to promote sleep.

## EXPLANATION OF INGREDIENTS

**Lactium®:** Generally recognized as safe (GRAS) status from the Food and Drug Administration. It acts as a GABA-A receptor agonist.\*<sup>2</sup> Lactium has been shown to decrease stress-related symptoms in women<sup>3</sup> and significantly improve sleep quality.\*<sup>4</sup>

**L-theanine as Suntheanine®:** (standardized to >99%) Shown to promote relaxation by multiple mechanisms including antagonizing glutamate receptors, increasing the release of GABA, and decreasing norepinephrine levels in the brain.\*<sup>5,6</sup>

**Taurine (as taurate free base):** Source of taurine, an amino acid molecularly bound to magnesium. Taurine is an inhibitory neuromodulator that can activate glycine receptors, act as a GABA-A receptor agonist, and increase GABA concentration.<sup>7</sup>

**Magnesium (as magnesium bisglycinate):** Bioavailable form of magnesium as well as a source of glycine, an inhibitory neurotransmitter.

**NeuroSupport Blend™ (NSB):** Proprietary mixture composed of BioPerine® and plant-based enzymes clinically proven to maximize nutrient absorption.



Supplement Facts		
Serving Size: 1 capsule		
Servings Per Container: 60		
	Amount Per Serving	% Daily Value
Magnesium (as magnesium bisglycinate)	20 mg	5%
Calming GABA Blend †	400 mg	*
Taurine (as taurate free base)		
Lactium®		
L-theanine (as Suntheanine®)		
NeuroSupport Blend™	102.5mg	*
Protease		
Amylase		
Lipase		
BioPerine® (Black Pepper Extract) (standardized to 95% piperine) (Piper nigrum) (fruit)		

\* Daily Value not established.



Suntheanine® brand L-Theanine is a registered trademark of Taiyo International, Inc. Suntheanine® is Generally Recognized as Safe (GRAS) & is Non-GMO Project Verified.



Lactium® is a registered trademark used under license and is protected under U.S. patent #5,846,939.



NSB™ is a trademark of Sanesco International Inc.

\*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.