



# Rigaba™—Ultimate-Pure 99.9% Naturally Fermented GABA



## ABOUT

GABA, a crucial compound, is widespread in plants (e.g., legumes, ginseng seeds, rhizomes, tissue fluids) and animals (predominantly in nerve tissue, 0.1 - 0.6 mg/g in brain tissue). Aging and chronic stress deplete or disrupt GABA synthesis, leading to deficiency.<sup>[1]</sup> As dietary GABA is limited, supplements may be necessary. When GABA is deficient, it may lead to increased anxiety, heightened susceptibility to panic attacks, chronic insomnia, disrupted growth hormone regulation (which may affect growth and development in children and muscle mass maintenance in adults), and potential impairment of skin's protective function



## Benefits

- Improvement of Sleep<sup>[2]</sup>
- Mood Soothing & Stress Relief<sup>[3]</sup>
- Improvement of Muscle Mass<sup>[4]</sup>
- Cognitive Health<sup>[5]</sup>
- Maintenance of Skin Elasticity<sup>[6]</sup>
- Promotion of Growth<sup>[7]</sup>
- Decrease of Blood Pressure<sup>[8]</sup>

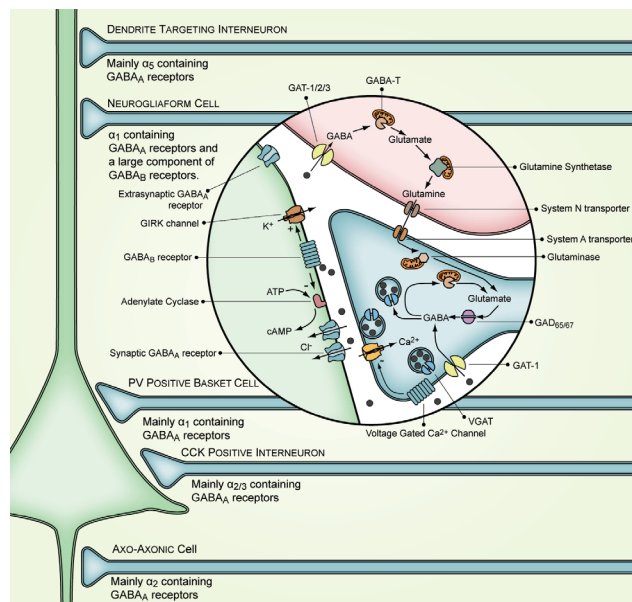
## Our Advantages

- Fermentation with Safe Lactobacillus
- BETA Laboratory Certified Natural
- Patented Crystalline Form with Excellent Flowability



# How does it work

In vertebrates, GABA is a brain neurotransmitter that inhibits synapses. GABA binds to membrane receptors before and after synapses, opening ion channels and causing overpolarization, which then reduces neural signal transmission and relieves anxiety, panic, and insomnia.<sup>[9]</sup> GABAergic neurons like PV neurons regulate 30 - 80Hz gamma oscillations, influencing working memory and information integration. In the prefrontal cortex, GABAergic neurons suppress irrelevant signal inputs, enhancing attentional focus and task - switching ability. Besides, GABAergic neurons act on the hypothalamus. They stimulate GHRH secretion, inhibit SST, and promote GH release from the pituitary. GH, mediated by IGF - 1, can directly stimulate muscle protein synthesis, reduce muscle catabolism, and prevent muscle atrophy.



# Specifications

| Product Type                                     | Application Form |         |         |        |       |        |
|--|------------------|---------|---------|--------|-------|--------|
|  | Tablet           | Capsule | Softgel | Liquid | Gummy | Sachet |
| Rigaba® 99% Crystal                              | ★                | ★       | ★       | ★      | ★     | ★      |
| Rigaba® 99% Crystal<br>(Through Mesh 40 USP≥90%) |                  |         |         |        |       | ★      |
| Rigaba® 20% SD Powder                            |                  |         |         | ★      |       | ★      |

# You may claim

- Natural Fermentation
- Non-GMO
- No Allergens
- Soy-Free
- Gluten-Free
- Vegan Friendly

# Reference

- [1] Frontiers in Aging Neuroscience, 2023, 15(000):14.
- [2] Jpn Pharmacol Ther, 2013,41(10):985-988.
- [3] International journal of food sciences and nutrition, 2009, 60(sup5): 106-113.
- [4] Journal of Clinical Medicine Research, 2019, 11(6): 428.
- [5] Jpn Pharmacol Ther,2020,48(3): 475-486.
- [6] Journal of the Japanese society of food science and technology, 2016, 63(7): 306-311.
- [7] Jilin medicine, 2023, 44(4): 1015-1018.
- [8] Clinical & Experimental Hypertension, 2009, 31(4):342-354.
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