

# Zen Adapt

## with Sensoril®

**Zen Adapt** starts with the foundation ingredients of our original product 200 mg of Zen, GABA (gamma-aminobutyric acid), and L-theanine (glutamic acid gamma-ethylamide), an amino acid derivative found naturally in green tea (*Camellia sinensis*). Added to them is Sensoril®, a pure water extract of ashwagandha, an Ayurvedic herb well known for its ability to help the body function under stress.\*

GABA and L-theanine can help balance the parasympathetic nervous system.\* Sensoril® enhances this action by helping to alleviate the physical, emotional, and mental effects of stress and tension, via its interactions with the hypothalamic-pituitary-adrenal (HPA) axis.\* Together this combination helps support a healthy response to stress, healthy moods, and a feeling of calm, focused relaxation, whether during the day or the night.\*



#77340  
60 vegetarian capsules

### Key Features

- May help alleviate physical, emotional, and mental effects of stress and tension\*
- Supports a feeling of relaxed, focused calmness and well-being\*
- May be helpful during daytime or nighttime\*



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Sensoril® is a pure water extract of ashwagandha, which has undergone seven published human clinical trials, with several more in progress. Ashwagandha is an adaptogen that works to balance many systems in the body.\* Sensoril® has been shown to reduce levels of cortisol and C-reactive protein, support healthy blood lipids within normal levels, support blood sugar levels within normal levels, and increase levels of DHEA.\* It can help alleviate the effects of stress and tension, and enhance sleep and feelings of emotional well-being.\* It promotes a calm, relaxed state of mind, while enhancing focus and mental stamina.\* It supports joint health as we age, helps restore and sustain energy levels, and supports healthy cardiovascular function.\* It is standardized to 10% glycol-withanolides and 32% oligosaccharides, with less than .5% withaferin A.

Research has shown that dietary components can modulate the body's levels of neurotransmitters, e.g. serotonin, dopamine, norepinephrine, and GABA. Alterations in the levels of these neurotransmitters, perhaps induced by metabolic stress or vitamin deficiencies, can significantly influence mood and emotional status, as well as motor function.\*

GABA is the major inhibitory neurotransmitter in the brain and is active at 20% of central nervous system synapses. GABA, via its neuronal A receptor, inhibits neurons by causing an influx of chloride ions. This chloride influx initiated by GABA is known to be part of the bodily mechanisms involved with mood, muscle relaxation and sedation.\* A decrease in GABA's function as an inhibitory mediator or a dysregulated sensitivity of GABA receptors can lead to excessive neuronal activity.\*

Theanine is also recognized to have calming properties.\* Theanine offers a unique combination of actions, allowing it to help relieve occasional sleeplessness, and at other times to help restore calm alertness when experiencing fatigue or drowsiness.\* Human studies have demonstrated that oral theanine supplementation increases alpha wave activity, fostering a state of calm relaxation.\* Theanine also supports a normal, healthy attitude during premenstrual syndrome (PMS). It may diminish the normal symptoms of PMS, and help reduce mood symptoms such as crying and irritability associated with PMS.\*

Although L-theanine is a component of green tea, Zen Adapt does not contain caffeine.

## Supplement Facts

Serving Size	2 Capsules	
Servings Per Container	30	
<b>Amount Per Serving</b>		
<b>% Daily Value</b>		
GABA (Gamma-Aminobutyric Acid)	550 mg	†
Suntheanine® L-theanine	200 mg	†
Sensoril® Ashwagandha ( <i>Withania somnifera</i> ) Root and Leaf Extract	125 mg	†

† Daily value not established.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, rice hull concentrate, gum arabic, sunflower oil.

**Suggested Use:** As a dietary supplement, 2 capsules one or two times daily between meals, or as directed by a healthcare practitioner.

**Warning:** If taking antidepressants or other psychotropic medications, use only under the supervision of a qualified healthcare practitioner. Although we are not aware of any interactions, because these also affect brain function there is theoretical potential for negative or positive interactions, either of which would need to be monitored.

Sensoril® is a trademark of Natreon, Inc. and is protected under U.S. Patents 6,153,198 & 7,318,938.

We use only Suntheanine®, pure L-theanine from Taiyo International, Inc.

**Suntheanine®**