

Ingredient Rationale: ProQuiet®

L-Tryptophan – One of the essential amino acids. Tryptophan is a precursor to the inhibitory neurotransmitter serotonin and vitamin B₃. Oral supplementation directly increases the levels of circulating serotonin and vitamin B₃.

Taurine – A sulfur containing amino acid. It is unique because it has no structural significance but is the second most important (after GABA) inhibitory neurotransmitter. It also plays a role in nerve cell membrane stabilization. Supplementation can help support healthy behavior.

Niacinamide (Vitamin B₃) – Important nervous system and brain function vitamin. This form of niacin is used as it minimizes any flushing reaction. Vitamin B₃ supplementation supports proper nervous system health.

Pyridoxine HCl (Vitamin B₆) – The essential cofactor of enzymes necessary to synthesize neurotransmitters, taurine, dopamine, and others. Deficiencies have been studied and testing supports the need for adequate amounts of vitamin B₆ for proper nervous system health.

Folic Acid - Deficiency of folic acid, a B vitamin, has been linked to poor nervous system health. Also known as folate, Vitamin M, SLR factor.

Cobalamin (Vitamin B₁₂) – Essential for nervous system health for a variety of reasons, not the least of which is the generation of myelin sheath surrounding the nerves of the body.

Hops – Most commonly used for the positive effect on the nervous system.

Chamomile – A safe herb often used in tea. Recent laboratory work has shown chamomile to contain the protective flavonoid apigenin. May also enhance the stomach health properties of ginger.

Ginger Herb – May help soothe the stomach. May help counteract the flight or fight influences in times of stress.

Brewer's Yeast – An excellent source of protein and the B-vitamins. The B-vitamins provided from Brewer's Yeast are essential to the health and normal function of the entire nervous system. Deficiencies of vitamins B₁ and B₃ are closely related to poor nervous system health.