

Insta Zen™

CLINICAL APPLICATIONS

- Reduces excitatory brain chemicals.
- Increases GABA, a calming neurotransmitter.
- Lowers the stress hormone, cortisol.
- Protects brain cells and boosts neural function.

Dihydrohonokiol-B (DHH-B), derived from the magnolia bark tree, produces an anti-anxiety effect and works to promote relaxation. DHH-B boosts levels of GABA, a neurotransmitter that calms the brain and mind. With its powerful antioxidant properties, DHH-B lowers oxidative stress in the brain.



DISCUSSION

Regen Labs Insta Zen is a combination of ingredients designed to steer your brain chemistry to a more calm and relaxed state. **Valerian Root** provides an effect to promote relaxation and reduce anxiety.

Ashwagandha Root Extract has been scientifically shown to lower stress levels.

Phosphatidylserine is a naturally occurring lipid that protects your brain cells and has been used to help treat Attention Deficit Hyperactivity Disorder (ADHD), improve memory, lower stress, and enhance exercise performance.

L-Theanine is a non-proteinaceous amino acid that helps significantly reduce stress-related symptoms¹.

NUTRITION

SUPPLEMENT FACTS		
Serving Size: 1 Capsule Servings per container: 30		
	Amount Per Serving	%DV
Insta Zen™ Regen Labs	710mg	-
Proprietary Mood Formula		
DHHB (Dihydrohonokiol-B)		
Valerian Root Powder		
Ashwagandha root extract 2.5%		
Phosphatidylserine 20% (sunflower-based)		
Theanine		
*Daily Value Not Established		

Other Ingredients:
Veggie Capsules (Hypromellose, Titanium Dioxide)
NuMag (Rice Extract), Silicon Dioxide.

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Directions: 2 capsules per day. Take with water.

REFERENCES

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