

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. Due to its powerful antioxidant properties, DHH-B lowers oxidative stress in the brain. DHH-B also activates cannabinoid receptors which have a hand in immune systems, pain relief, and disease prevention.



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: 30		
	Amount Per Serving	%DV
Insta Zen™ Complete Anxiety Formula	710mg	*
Valeriana Officinalis Powder Ashwagandha root extract 2.5% Phosphatidylserine 20% (sunflower-based) L-Theanine Dihydrohonokiol-B (DHH-B)		
Other Ingredients		
Hydroxypropyl Methylcellulose, Rice Flour, Silicon Dioxide		
*Daily Value Not Established		

DIRECTIONS: Take 1 capsule daily or as needed. Do not exceed more than 2 capsules in a 24h period.

+ These statements have not been evaluated by The Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

REFERENCES

1. Hidese S, Ogawa S, Ota M, et al. *Effects of L-Theanine Administration on Stress-Related Symptoms and Cognitive Functions in Healthy Adults: A Randomized Controlled Trial.* *Nutrients.* 2019;11(10):2362. Published 2019 Oct 3. doi:10.3390/nu1102362
2. Chandrasekhar K, Kapoor J, Anishetty S. *A prospective, randomized double-blind, placebo-controlled study of safety and efficacy of a high-concentration full-spectrum extract of ashwagandha root in reducing stress and anxiety in adults.* *Indian J Psychol Med.* 2012;34(3):255-262. doi:10.4103/0253-7176.106022
3. Bent S, Padula A, Moore D, Patterson M, Mehling W. *Valerian for sleep: a systematic review and meta-analysis.* *Am J Med.* 2006;119(12):1005-1012. doi:10.1016/j.amjmed.2006.02.026
4. Manor I, Magen A, Keidar D, et al. *The effect of phosphatidylserine containing Omega3 fatty-acids on attention-deficit hyperactivity disorder symptoms in children: A double-blind placebo-controlled trial, followed by an open-label extension.* *European Psychiatry.* 2012;27(5):335-342. doi:10.1016/j.eurpsy.2011.05.004
5. Rempel V, Fuchs A, Hinz S, et al. *Magnolia Extract, Magnolol, and Metabolites: Activation of Cannabinoid CB2 Receptors and Blockade of the Related GPR55.* *ACS Med Chem Lett.* 2012;4(1):41-45. Published 2012 Nov 14. doi:10.1021/ml300235q