

WHAT MAKES ZEMBRIN® DIFFERENT TO OTHER MENTAL WELLNESS INGREDIENTS?

INGREDIENT	DOSE	MECHANISM OF ACTION	ONSET
Zembrin®	25 mg	Neurotransmitter support <ul style="list-style-type: none"> phosphodiesterase-4 (PDE4) and serotonin (5-HT) reuptake inhibition. Impact on the amygdala (stress centre of the brain) No adverse side effects here for Zembrin?	2 hours
5-HTP	150 mg - 800 mg	Neurotransmitter support <ul style="list-style-type: none"> increases the production of serotonin by the central nervous system³⁶. 	Unknown
Ashwagandha	125 mg - 600 mg	Adaptogenic Neurotransmitter support <ul style="list-style-type: none"> suppresses stress-induced increases of dopamine receptors in the corpus striatum of the brain³⁷ enhance serotonergic transmission through modulation of the postsynaptic serotonin (5-HT) receptors³⁸. 	Weeks to Months
Bacopa	300 mg	Adaptogenic Neurotransmitter support <ul style="list-style-type: none"> inhibits acetylcholinesterase activity³⁹. 	Weeks to Months
CBD/Hemp	???	More research is needed	Unknown
GABA	100 mg - 200 mg up to 3 times daily	Exerts both sedative and anxiolytic effects <ul style="list-style-type: none"> effects at the cellular level. 	1-2 hours
Holy Basil	500 mg	Adaptogenic	Weeks to Months
l-Theanine	50 mg - 200 mg	Inhibits glutamate reuptake Glutamate receptor antagonist <ul style="list-style-type: none"> has effects on glutamate receptors and the possibility it increases inhibitory neurotransmitters such as glycine or gammaaminobutyric acid (GABA)⁴⁰. inhibits the reuptake of glutamate and is a glutamate receptor antagonist in the hippocampus. 	8-10 hours
Lactium®	150 mg - 300 mg	Neurotransmitter support <ul style="list-style-type: none"> stimulates the activity of the GABA neurotransmitters 	7-15 Days
Lemon Balm	Limited Research	Unknown MOA <ul style="list-style-type: none"> clinical research suggests that lemon balm induces a calming effect and reduces alertness⁴¹. **Causes drowsiness**	Unknown
Rhodiola	340 mg	Adaptogenic and supports the neurotransmitters involved in the stress response by the nervous system <small>42-43-44.</small>	Weeks to Months
Saffron	28 mg - 30 mg	Supports the balance of neurotransmitters involved in the stress response by the nervous system: <ul style="list-style-type: none"> inhibits reuptake of dopamine, norepinephrine, and serotonin⁴⁵⁻⁴⁶. 	1-2 hours
Valerian	300 mg - 600 mg	Neurotransmitter support <ul style="list-style-type: none"> impacts on GABA and Serotonin receptors. May bind directly to the GABA-a receptor ⁴⁷⁻⁴⁸. **Causes drowsiness**	1-2 hours

REFERENCES:

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