

GABA & Glutamate

work together to maintain the
perfect balance between excitement
and anxiousness

GABA Glutamate

reduces fear
soothes and calms



has an excitatory and
awakening effect
enhances concentration

Directions for use

Gaba: Find some relaxation techniques that work for you. Why not try yoga, journaling, or a breathing exercise?

Glutamate: Increase your heart rate through exercise or going on a walk.

Caution advised

Remember to keep GABA and Glutamate balanced by taking regular breaks and avoid taking on too much.

Discover more of the Brain's Amazing Drugs at
www.scottishconflictresolution.org.uk



SCCR

Scottish Centre for
Conflict Resolution

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The Brain's Amazing Drugs Cabinet
brings you

The Brain's Greatest
"Anxiety-alleviating and
Alertness-inducing Drugs"



Our dazzling dual-action combo
for controlling anxiety and
creating awareness!