

Los Angeles Times

<http://www.latimes.com/features/health/la-he-gabaside4-2009may04,0,5451106.story>

From the Los Angeles Times

GABA: amino acid tea?

May 4, 2009

Amino acid tea?

L-theanine isn't the only substance that is purported to boost concentration. Jones Soda Co. has introduced a drink containing the amino acid gamma-aminobutyric acid that some studies suggest also helps people relax and concentrate by increasing alpha waves in the brain.

The drink, called Jones GABA, is a tea-juice blend containing a GABA supplement. In its natural form, GABA is a brain chemical that is important to central nervous system functions such as mood stability. L-theanine is thought to enhance the presence of GABA.

GABA is popular in Japan as a functional food substance. But, as in the case of L-theanine studies, most of the research on GABA supplementation has been conducted by food manufacturers.

-- Shari Roan

If you want other stories on this topic, search the Archives at latimes.com/archives.

TMSReprints

Article licensing and reprint options

Copyright 2009 Los Angeles Times | [Privacy Policy](#) | [Terms of Service](#)
[Home Delivery](#) | [Advertise](#) | [Archives](#) | [Contact](#) | [Site Map](#) | [Help](#)

partners:

