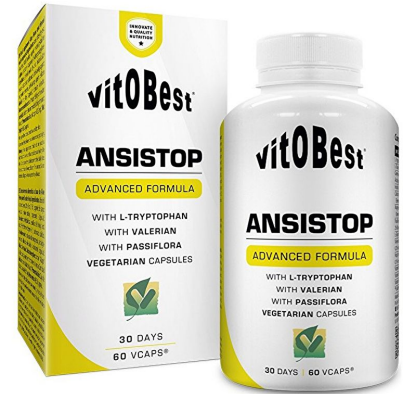


Ansistop 60 Vegetable Capsules

EAN: 8436540532992 FABRICANTE: VIT.O.BEST



Helps normal psychological function and normal functioning of the nervous system. Contributes to reducing tiredness and fatigue. Vegetable capsules suitable for vegan diets and free of titanium dioxide.

DESCRIPTION

What is Ansistop from Vitobest® and what is it for?

AnsiStop, from **Vitobest®**, is a food supplement made with plant extracts, amino acids and vitamins that make up the revolutionary **AnsiStop** formula, they act at the level of the central nervous system (CNS) and endocrine to help us relax and fall asleep.

- **Valerian, passionflower and hops:** valerian interacts with the GABA (?-aminobutyric acid) system, producing a sedative effect that is reflected in sleep latency and quality ¹. Passionflower binds to GABA receptors in the CNS to reduce brain activity and help us relax and fall asleep ². Hops, like valerian, have sedative effects and help you fall asleep.
- **GABA, L-Tryptophan, L-Taurine and L-Glycine:** The stimuli that cause fear and anxiety decrease GABA levels, which increases the synthesis of norepinephrine and predisposes the body to a state of constant alert ³. L-Tryptophan is necessary for the synthesis of serotonin (a very important mediator in the regulation of phase III and IV of sleep). The adrenaline-serotonin balance regulates the sleep-wake rhythm, and an imbalance in this balance is associated with depressive states. L-Taurine is a neurotransmitter that acts analogously to GABA. L-Glycine acts as a CNS ⁴ inhibitor at the level of the spinal cord, brain stem and retina.
- **Vitamins and minerals:** vitamin and mineral deficiency can affect the levels of certain hormones such as dopamine, and negatively affect moods. In addition, they contribute to maintaining the normal functioning of the nervous system.

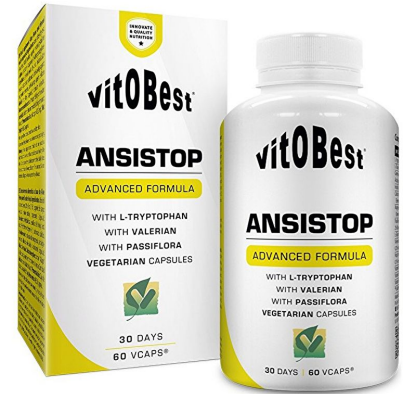
What are the ingredients in Ansistop by Vitobest®?

Ingredients: L-Tryptophan (Ajinomoto®), thickener (capsule): hydroxypropylmethylcellulose, L-Taurine, gamma-aminobutyric acid (GABA), inositol, dicalcium phosphate, magnesium citrate, dry extract of passionflower aerial part (*Passiflora incarnata*), L-Glycine, dry extract of valerian root (*Valeriana officinalis*), dry extract of hop flower (*Humulus lupulus*), calcium D-Pantothenate (vitamin B5) (Quali®-B) (DSM®), anti-caking agent: magnesium stearate, niacinamide (vitamin B3) (Quali®-B) (DSM®),



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pyridoxine hydrochloride (vitamin B6) (Quali®-B) (DSM®) and anti-caking agent: silicon dioxide.

Composition	for 2 VegeCaps
L-Tryptophan (Ajinomoto®)	300mg
L-Taurine	150 mg
Gamma-aminobutyric acid (GABA)	150 mg
Inositol	150 mg
Dicalcium phosphate	150 mg
Calcium (Ca) *(7.4%)	59.26mg
Magnesium citrate	150 mg
Magnesium (Mg) *(6.44%)	24.14mg
Dried ext. of aerial part of passiflora (<i>Passiflora incarnata</i>)	
2% flavonoids	120mg
L-Glycine	100 mg
dried valerian root ext. (<i>Valeriana officinalis</i>)	
0.2% valerenic acid	80 mg
Dried hop flower ext. (<i>Humulus lupulus</i>)	
0.1% routine	60mg
Vitamin B5 (Quali®-B) (DSM®) *(600%)	36mg
Vitamin B3 (Quali®-B) (DSM®) *(87.5%)	14mg
Vitamin B6 (Quali®-B) (DSM®) *(857.14%)	12mg
*% Nutrient Reference Value (NRV)	

What is the recommended daily dose of Ansistop from Vitobest®?

Take two Vegetable capsules a day.

