CNS Black’s Nocturnal Modulation Formula provides GABA and a balance of other key ingredients to help you fall asleep naturally promoting a deep and restful night’s sleep. CNS Black also provides precursors to support healthy levels of Growth Hormone (GH) and Insulin-Like Growth Factor-1 (IGF-1) along with neuromuscular optimization benefits and promotes maximum recovery from exercise.

CNS Black contains pure and the highest quality GABA available. GABA (Gamma-Aminobutyric Acid) is a naturally occurring non-essential amino acid and one of the most important and widespread neurotransmitters in the brain. GABA is the brain’s “natural calming agent”. GABA enhances the alpha wave production in the brain promoting relaxation for the initiation of sleep. During sleep, GABA further enhances slow-wave sleep (SWS) and the circadian modulation for deeper sleep. Additionally, GABA modulates the effects of daily stress and eases nervous tension.

CNS Black promotes Growth Hormone (GH) and Insulin Growth Factor-1 (IGF-1) Homeostasis. Mucuna pruriens (Velvet Bean) contains naturally occurring L-Dopa. L-Dopa, a precursor to the neurotransmitter dopamine, induces Growth Hormone Releasing Hormone (GHRH) from the hypothalamus to maximize healthy GH levels in the blood. GH is an anabolic protein hormone secreted by the pituitary gland in the brain and is responsible for the overall growth of the body (e.g., muscles and bones), fat breakdown, other metabolic effects and maintaining the immune system. After the age of 20 years, GH levels decline progressively and have been linked to many age-related changes including decreases in lean body mass, increases in abdominal body fat and thinning of the skin. GH stimulates the release of the hormone IGF-1 by the liver. The secreted IGF-1 then travels to tissues and is the key player in muscle growth.

L-Arginine is considered a “conditionally essential” amino acid and is a precursor to nitric oxide production supporting healthy dilation of the blood vessels. Healthy vasodilation allows for greater uptake of oxygen and nutrients to cells. Additionally, L-Arginine maintains healthy blood levels of GH.

L-Theanine is a unique amino acid and a natural constituent found in green tea. L-Theanine has been shown to significantly increase alpha wave production in the brain, an indication of calming and relaxation.

N-Acetyl-L-Tyrosine (NALT) is an acetylated form of the amino acid L-Tyrosine and an L-Tyrosine dipeptide. Adding the acetyl group makes the amino acid more soluble and stable for enhanced absorption and less prone to urinary excretion. N-Acetyl-L-Tyrosine supports the synthesis of the brain neurotransmitters and systemic catecholamines (epinephrine, norepinephrine, and dopamine) which are produced during high intensity exercise as part of the fight or flight response. Melatonin is a hormone produced by the pineal gland, a small gland in the brain that regulates the body’s sleep and wake cycle. Melatonin helps promote the body’s natural sleep cycle. More recent research suggests melatonin plays an important role in cellular health, antioxidant activity and immune function.

KEY FEATURES
• Supports Circadian Modulation for Deeper Sleep
• Promotes Growth Hormone and IGF-1 Homeostasis
• Strongest Active Ingredients Legally Available

KEY MESSAGES
• Contains GABA which is a naturally occurring amino acid and one of the most important and widespread neurotransmitters in the brain.
• GABA enhances the alpha wave production in the brain promoting relaxation for the initiation of sleep. During sleep, GABA further enhances slow-wave sleep (SWS) and the circadian modulation for deeper sleep.
• Mucuna pruriens (Velvet Bean) contains naturally occurring L-Dopa. L-Dopa, a precursor to the neurotransmitter dopamine, induces Growth Hormone Releasing Hormone (GHRH) from the hypothalamus supporting healthy GH levels in the blood.
• L-Arginine is considered a “conditionally essential” amino acid and is a precursor to nitric oxide production supporting healthy dilation and relaxation of the blood vessels. Healthy vasodilation allows for greater uptake of oxygen to the brain.
• L-Theanine is a unique amino acid and a naturally found in green tea. L-Theanine has been shown to significantly increase alpha wave production in the brain, an indication of calming and relaxation.
• N-Acetyl-L-Tyrosine (NALT) is an acetylated form of the amino acid L-Tyrosine and an L-Tyrosine dipeptide. NALT promotes the synthesis of the brain neurotransmitters and systemic catecholamines (epinephrine, norepinephrine, and dopamine) which are produced during high intensity exercise as part of the fight or flight response.

(continues on p.2)
Combining the strongest active ingredients legally available, **CNS Black** will help promote relaxation, the onset of sleep as well as the deep quality of sleep you need allowing you to wake up refreshed and energized!¹

Max Muscle products uses only the highest quality ingredients to ensure maximum potency and optimize results.

**TARGET MARKET**

*Primary: Individuals looking for a safe and effective sleep formula in addition to supporting healthy GH levels.*

*Secondary: Individuals looking for a formula to promote relaxation and mental focus.*

**RECOMMENDED STACK**

*ZMA*

*Quadra Cuts Night Time*

*Max Glutamine*

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**Key References**


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¹ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.