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.

Size: Net Wt. 3.81 Oz. (108 g)
Serving Size: 3 Scoops (3.6 g)
Servings Per Container: 30

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. 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.
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(cont’d on p.2)
Directions: Take 1 to 3 scoops 30 – 60 minutes before bedtime preferably on an empty stomach with water. Never consume before driving, operating machinery or taking sedative drugs.

Other Ingredients: Maltodextrin, Silicon Dioxide, Tri-Calcium Phosphate, Magnesium Stearate.

WARNING: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician before starting any diet and exercise program and before using this product. Do not take this product if you have a medical condition. Discontinue use and call a physician or licensed health care professional immediately if you experience unexpected side effects. If taking prescription medications, consult a licensed health care professional prior to use. Will potentiate levodopa medications.

WARNING: This product contains GABA. Some individuals may experience a minor tingling of the skin and a slight shortness of breath shortly after taking GABA. This is a characteristic of this amino acid and quickly subsides.

This product contains Mucuna pruriens (Velvet Bean) (L-Dopa). Do not use this product if you are taking an MAO inhibitor. Consult your physician before use if you have hypertension, cardiac or pulmonary disease or if you are taking products containing L-Dopa.

Key References

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!

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