

## POSITIVE FORTE

### Instructions

#### on medical use of the drug

**Trade name of the drug:** Positive Forte.

**International nonproprietary name:** Combination drug.

**Dosage form:** Tablets for oral administration.

**Composition:** *Each tablet contains:*

Gamma-aminobutyric acid (GABA) .....150 mg;

L – glutamine.....100 mg;

Glycine.....50 mg;

Inositol.....40 mg;

Ginkgo biloba dry extract.....30 mg;

L-5 hydroxytryptophan.....100 mg;

Excipients.....v.d.k.

**List of ingredients:** gamma-aminobutyric acid, glycine, L-glutamine, inositol, ginkgo biloba dry extract, L-5 hydroxytryptophan, microcrystalline cellulose, magnesium stearate.

**Pharmacotherapeutic group:** Nootropic drug.

**Pharmacological properties:**

**Pharmacodynamics:**

*GABA (Gamma-Aminobutyric Acid):* GABA, also known as gamma-aminobutyric acid, is a naturally occurring chemical produced by the brain. It is a valuable anti-anxiety neurotransmitter. GABA has an anticonvulsant effect on the brain. GABA supplements can help increase GABA levels in the brain and help relieve anxiety, stress, depression, and sleep problems.

*Glycine:* This is an amino acid, a compound that our body uses to create protein. This promotes cognitive flexibility and the correct formation of memory-related structures. In addition to participating in neural communication in the brain, glycine also improves sleep quality, prevents lack of energy and reduces fatigue.

*Glutamine:* a non-essential amino acid that plays the role of a neurotransmitter with high metabolic activity in the brain, easily penetrates the BBB and is converted into glutamic acid and vice versa in brain cells. A drug that regulates metabolic processes in the central nervous system. It has a nootropic, detoxifying, ammonia-binding effect. Glutamine increases the amount of GABA, which is necessary to maintain normal brain function. Glutamine is an active participant in nitrogen metabolism. The amino acid removes ammonia from the body (primarily from the brain) and reduces its toxic effect on the body.

*Inositol:* The largest amount is concentrated in the brain. Inositol has been shown to improve connections between brain cells and promote normal communication between key neurotransmitters and help balance important chemicals in the brain, including those that affect mood such as serotonin and dopamine. This means that it is possible to maintain mental health, while increasing resistance to stress, improving sleep, etc. With enough of it, it is possible to maintain a positive attitude and increase resistance to stress, which has a positive effect on mental health in general. Inositol also helps cope with panic disorders. Changes in the availability of inositol in the central nervous system can lead to changes in brain cell signaling pathways and, ultimately, to the development of neuropsychiatric disorders. Inositol shows potential as an alternative treatment option for mental illnesses and conditions including panic disorder, depression and bipolar disorder.

*Ginkgo biloba:* Ginkgo biloba is a plant that contains powerful antioxidants. It may help develop brain function, reduce anxiety, and help treat depression. It especially improves memory and improves blood circulation.

L-5 hydroxytryptophan is a naturally occurring amino acid that helps reduce depression by increasing serotonin levels. It may improve sleep quality by increasing melatonin production. It can also promote weight loss.

#### **Indications for use:**

- vascular diseases of the brain (chronic cerebrovascular accident, atherosclerosis and hypertension);
- impairment of cognitive functions (impaired memory, speech, concentration);
- endogenous depression with a predominance of astheno-hypochondriacal phenomena and difficulty in mental activity;
- decrease in intellectual productivity;
- restoration of motor and mental activity of patients after traumatic brain injury;
- sleep disorders;
- chronic cerebrovascular encephalopathy of various origins with impaired memory, attention, speech, dizziness and headache;
- alcoholic encephalopathy and polyneuropathy;
- increased psycho-emotional stress, anxiety, restlessness;
- premenstrual syndrome, vegetative-vascular disorders during menopause;
- decreased levels of serotonin and dopamine in the brain;
- neuroses, neurosis-like conditions and vegetative-vascular dystonia;
- ischemic cerebral stroke (during the recovery period).

#### **Contraindications:**

- individual intolerance to the components of the drug;
- age under 18 years;
- decreased blood clotting;

- acute cerebrovascular accidents, acute renal and liver failure;
- acute myocardial infarction;
- peptic ulcer
- pregnancy, breastfeeding period.

**Pregnancy and lactation:**

Contraindicated in the first trimester of pregnancy. In the second and third trimesters of pregnancy, the use of the drug is possible only according to indications and under the supervision of the attending physician. While taking the drug, you must stop breastfeeding.

**Directions for use and dosage:**

Take 1 tablet with meals, 2 times a day or as recommended by a physician. For alcoholic encephalopathy and polyneuropathy, the dose and duration of treatment are determined individually. The course of treatment is 1-2 months. For further course of treatment, you should consult your doctor.

**Side effect:**

Transient dyspeptic symptoms, fluctuations in blood pressure (in the first days of treatment).

**Overdose:**

Symptoms: side effects increase.

Treatment: gastric lavage, taking activated carbon, symptomatic treatment

**Release form:**

Tablets No 30. 10 tablets in each blister. 3 blisters along with instructions for use in a cardboard package.

**Storage conditions:**

Store in a dry place, protected from light, at a temperature not exceeding 25 °C.

Keep the drug out of the reach of children.

Do not use the drug after the expiration date.

**Conditions for dispensing from pharmacies:**

Without a doctor's prescription.

**Made for:**

**MAXX-PHARM LTD**

**London, Great Britain**