

## POSITIVE KIDS

### Instructions for medical use of the drug

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

**International nonproprietary name:** GABA, vitamin B3, vitamin B6, magnesium, inositol.

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

**leaving:** Every 2,5 ml contains:

GABA (gamma-aminobutyric acid).....150 mg;  
Vitamin B3.....1,5 mg;  
Vitamin B 6 .....1,5 mg;  
Magnesium.....100 mg;  
Inositol .....20 mg;

*Excipients:* xanthine gum, calcium sorbate, banana flavor, glucose-fructose syrup, citric acid, deionized water.

**List of Ingredients:** GABA (gamma-aminobutyric acid), vitamin B3, vitamin B6, magnesium hydroxide, inositol, xanthan gum, calcium sorbate, banana flavor, glucose-fructose syrup, citric acid, deionized water.

**Pharmaco-therapeutic group:** Nootropic drug.

#### Pharmacological properties:

##### Pharmacodynamics:

**GABA (gamma-aminobutyric acid):** Stimulates metabolism in the brain, being the main inhibitory neurotransmitter of the central nervous system. Its main job is to regulate excitatory signals sent by other neurotransmitters, reducing anxiety. GABA has an antioxidant effect, is a cytoprotector, and regulates motor activity. Improves blood supply to the brain, activates energy processes in brain cells, accelerates the utilization of glucose and improves the respiratory activity of tissues, removes toxic metabolic products. Improves the dynamics of nervous processes in the brain, increases thinking productivity, improves memory and concentration, and has a moderate psychostimulating, antihypoxic and anticonvulsant effect.

**Vitamin B3:** Vitamin B3 or niacin is a water-soluble vitamin. Niacin is called the “calm vitamin”- it stabilizes the functioning of the nervous system and protects it from breakdowns and depression. Nicotinic acid, having an activating effect on the functions of the cerebral cortex, promotes normal brain functioning and improved memory. It has been established that the brain contains the largest amount of niacin compared to other organs, which allows the brain to use this vitamin in large quantities.

**Vitamin B6 (pyridoxine):** Regulates the activity of the nervous system, participates in the synthesis of neurotransmitters, including serotonin - the “happiness hormone”, which affects pain, mood, sleep, appetite. The use of pyridoxine increases resistance to depressive states, increases concentration and attention, and improves cognitive functions of the brain. Participates in the process of glucose uptake by nerve cells.

**Magnesium:** It is directly involved in regulating the activity of the nervous system. Magnesium is involved in the processes of inhibition and excitation in the brain, providing a relaxing and calming effect. With its deficiency, the ability to concentrate decreases, memory functions suffer, and the pain sensitivity threshold increases. The most important importance of magnesium is that it serves as a natural anti-stress factor, inhibits excitation processes in the central nervous system and reduces the body's sensitivity to external influences. Magnesium (especially in combination with vitamin B6) has a normalizing effect on the state of the higher parts of the nervous system during emotional stress, depression, and neurosis.

**Inositol:** It is inositol that is responsible for the exchange of impulses at the cellular level; its lack provokes a decrease in the sensitivity of nerve endings, and this is the cause of many serious diseases of the nervous system. The safest antidepressant and natural sedative is called inositol. Its beneficial effect on the body is felt by people with insomnia, neurosis, panic attacks, and various kinds of phobias. Additionally, it balances serotonin and dopamine levels in the brain. The need for inositol increases during periods of increased mental stress (for example, schoolchildren before tests and exams, students during a session, people regularly engaged in mental work).

#### Indications for use :

- to maintain the nervous system, improve the dynamics of nervous processes in the brain;
- to eliminate anxiety and restlessness;
- for insomnia;
- to improve blood supply to the brain;
- for problems with memory, concentration, speech and other cognitive functions;
- for depression;
- decrease in intellectual productivity (improves learning ability, stimulates the child's mental abilities);
- with increased psycho-emotional stress (balances the levels of serotonin and dopamine in the brain).

#### Directions for use and dosage:

Syrup for oral administration after meals:

For children from 2 to 4 years, 1.25 ml once a day;

For children from 4 to 14 years 2.5 ml once a day

For children over 14 years old, 2.5 ml twice a day or as prescribed by a doctor.

#### Side effect:

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

#### Contraindications:

- hypersensitivity to the composition of the drug;
- acute renal failure;
- children's age (up to 2 years).

#### Release form:

Syrup for oral administration, 150 ml in a cardboard box along with an insert.

#### 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**

