CENTER FOR Science IN THE Public Interest
The nonprofit publisher of Nutrition Action Healthletter

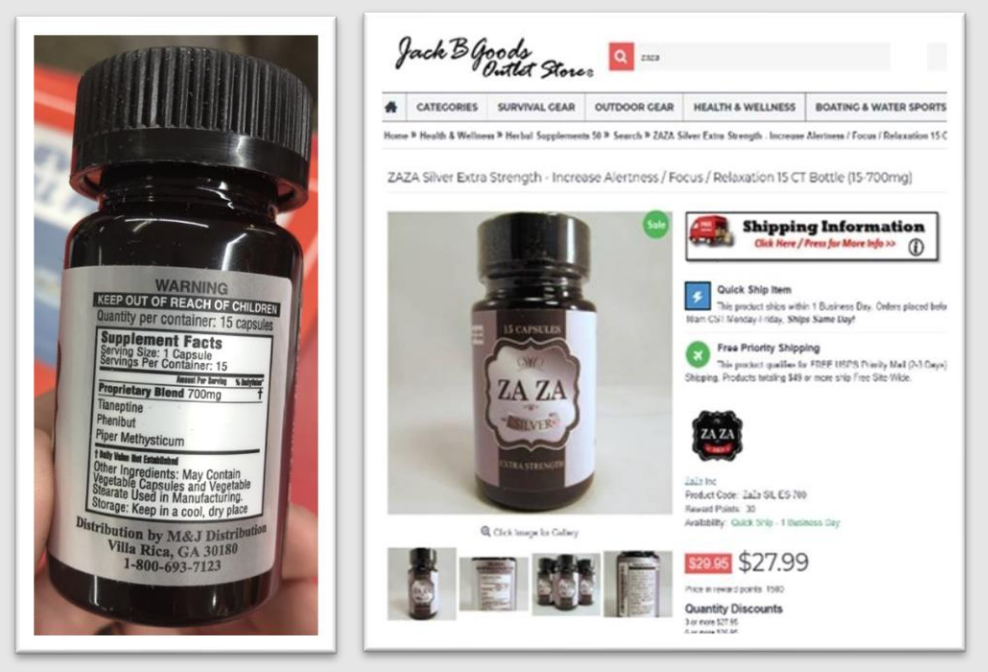
Appendix A:

Phenibut products marketed as supplements

Za Za Silver

M&J Distribution and Jack B Gods Outlet Store

https://www.jackbgoods.com/health-and-wellness/herbal-supplements-50/zaza-silver-extra-strength-increase-alertness-focus-relaxation-15-ct-bottle-15-700mg.html?search=zaza



Za Za Red Energy Shot
Jack B. Goods Outlet Store
https://www.jackbgoods.com/health-and-wellness/energy-drinks/zaza-red-energy-shot-feel-good-be-happy-2-0-fl-oz-bottle-60ml-12.html

Jack B Goods Outlet Store®

Search JackBGoods.com...

CATEGORIES | SURVIVAL GEAR | OUTDOOR GEAR | HEALTH & WELLNESS | BOATING & WATER SPORTS

Home » Health & Wellness » Energy Drinks » ZAZA Red - Energy Shot - Feel Good - Be Happy - 2.0 fl oz Bottle (60ml)(12)

ZAZA Red - Energy Shot - Feel Good - Be Happy - 2.0 fl oz Bottle (60ml)(12)

Click Image for Gallery

Restrictions May Apply
Age & Shipping Exclusions, See TAB Below for Complete Info.

Free Shipping & Delivery Information — Click Here! Press Here

Free Priority Shipping
This product qualifies for FREE USPS Priority Mail (2-3 Days) Shipping. Products totaling $49 or more ship Free Site-Wide.

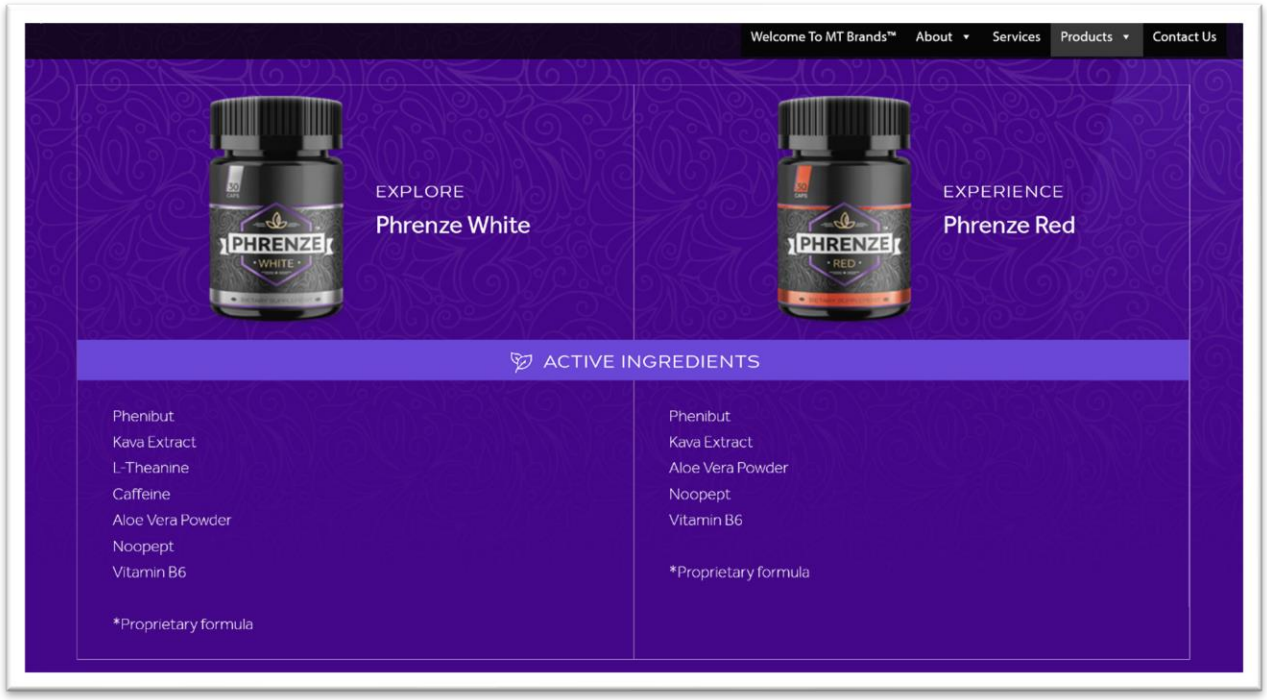
Clearance
Super Special. Note that it has passed or is close to it's best by date hense the deep discount. Your purchase comes with a **100% satisfaction guarentee.**

Quick Ship Item
This product ships within 1 Business Day. Orders placed before Midnight CST Monday-Friday, ***Ships Next Day!***

ZaZa Inc
Product Code: ZaZa-Shot-2oz(12)
Reward Points: 50
Availability: Quick Ship - 1 Business Day

~~$65.88~~ $47.49

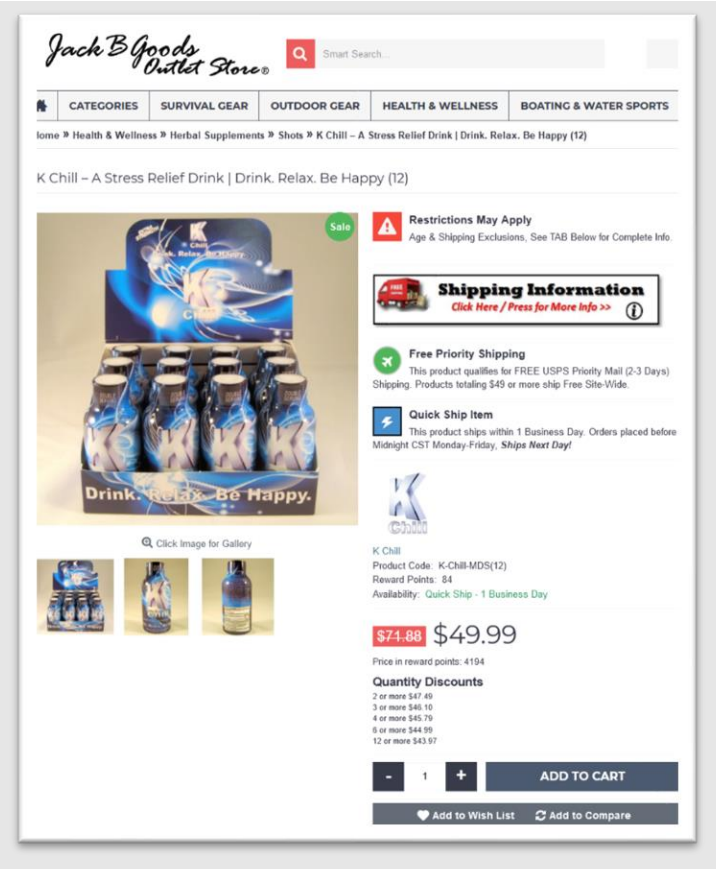
Phrenze Red & Silver
MT Brands
https://mtbrands.com/phrenze/



K Chill – A Stress Relief Drink[1]

Jack B Gods Outlet Store

https://www.jackbgoods.com/health-and-wellness/herbal-supplements/shots-herbal-suppliments/k-chill-a-stress-relief-drink-drink-relax-be-happy.html?tag=k-chill-mds(12)

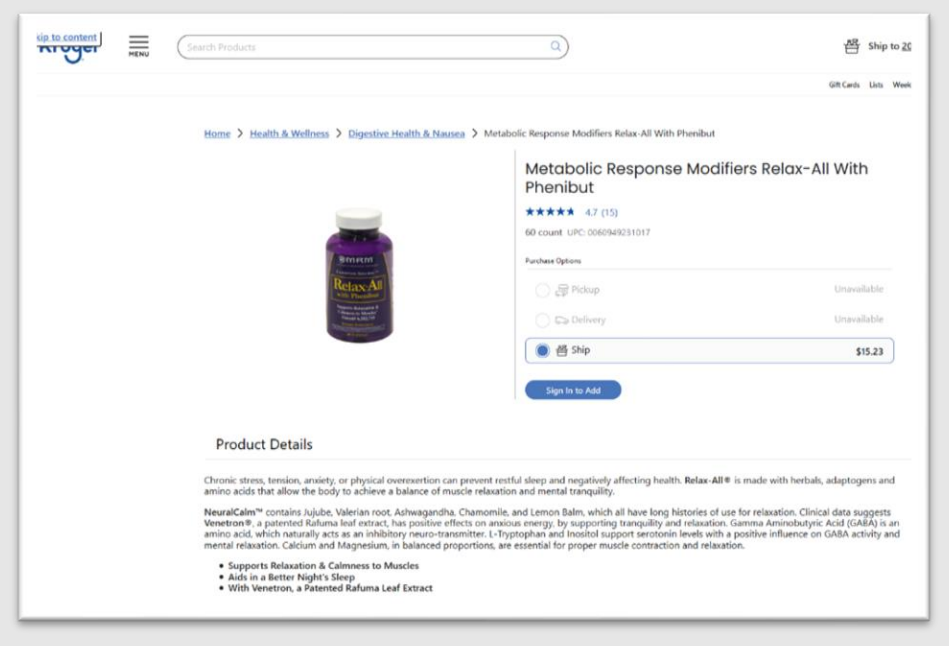


[1] This product lists β-phenyl-γ-aminobutyric acid as an ingredient. The FDA has listed β-phenyl-γ-aminobutyric acid as an alternative name for phenibut. FDA. *Phenibut in Dietary Supplements*. April 29, 2019. https://www.fda.gov/food/dietary-supplement-products-ingredients/phenibut-dietary-supplements. Accessed September 18, 2020.

Relax-All With Phenibut by Metabolic Response Modifiers

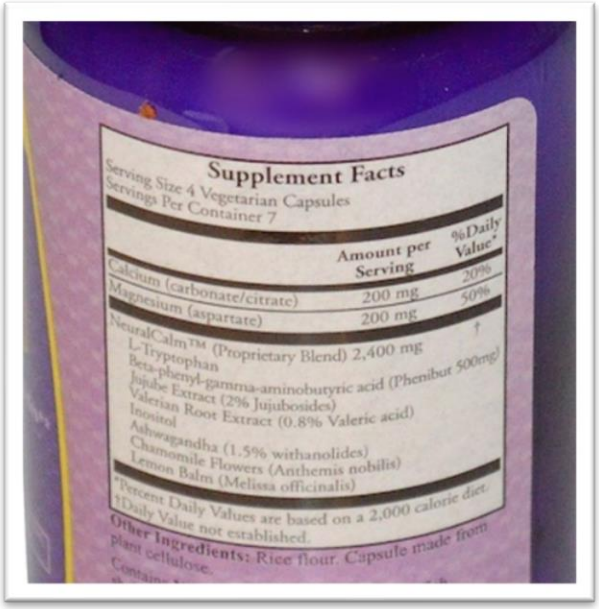
Kroger:

https://www.kroger.com/p/metabolic-response-modifiers-relax-all-with-phenibut/0060949231017



Although this listing does not list phenibut as a dietary ingredient, the website states, “Actual product packaging and materials may contain additional and/or different ingredient, nutritional, or proper usage information than the information displayed on our website.”

Below are images of labeling for Relax All with Phenibut from a discontinued listing from another iherb.com (https://www.iherb.com/pr/mrm-relax-all-with-phenibut-28-veggie-caps/39929):



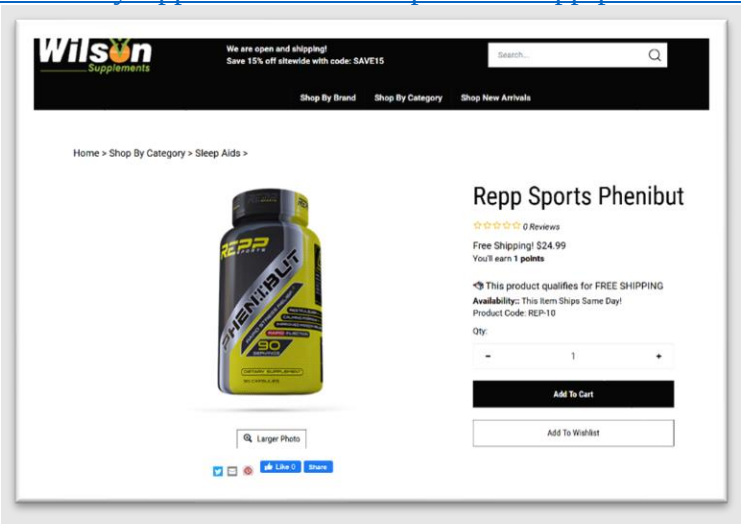
Repp Sports Phenibut

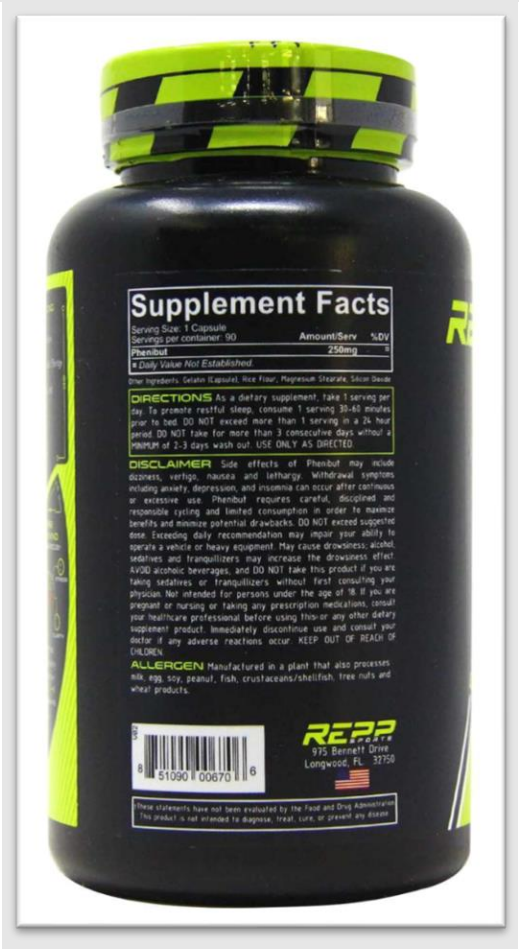
Wilson Supplements, Sports Nutrition Authority, My Supplement Store

https://www.wilsonsupplements.com/Repp-Sports-Phenibut-p/rep-10.htm

https://sportsnutritionauthority.net/shop/phenibut/

https://www.mysupplementstore.com/products/repp-phenibut-90-caps





Appendix B:

Phenibut products marketed with disease and treatment claims

Phenibut

MT Brands

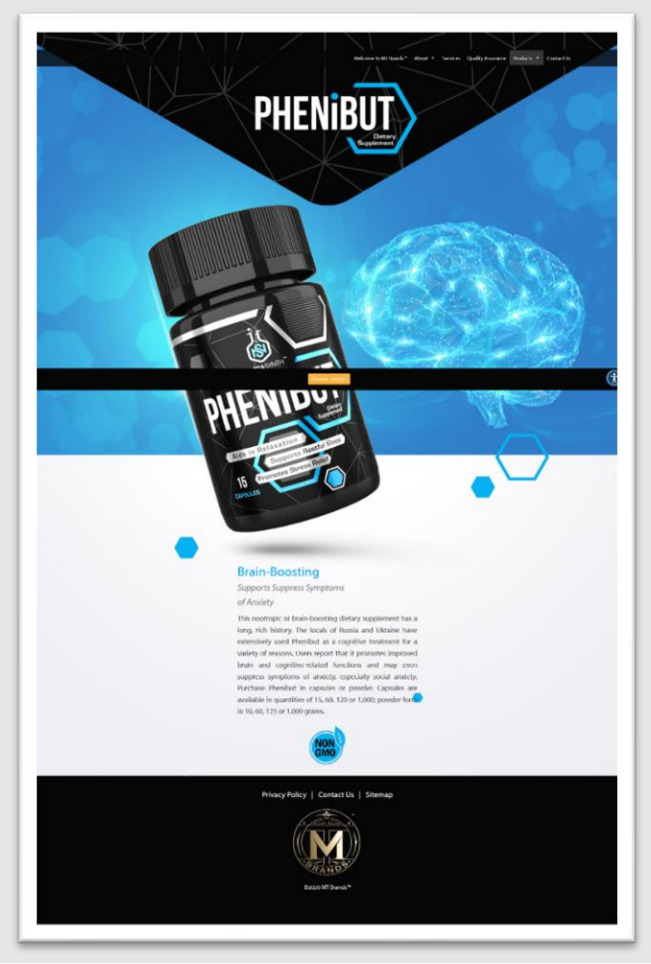
https://mtbrands.com/phenibut/

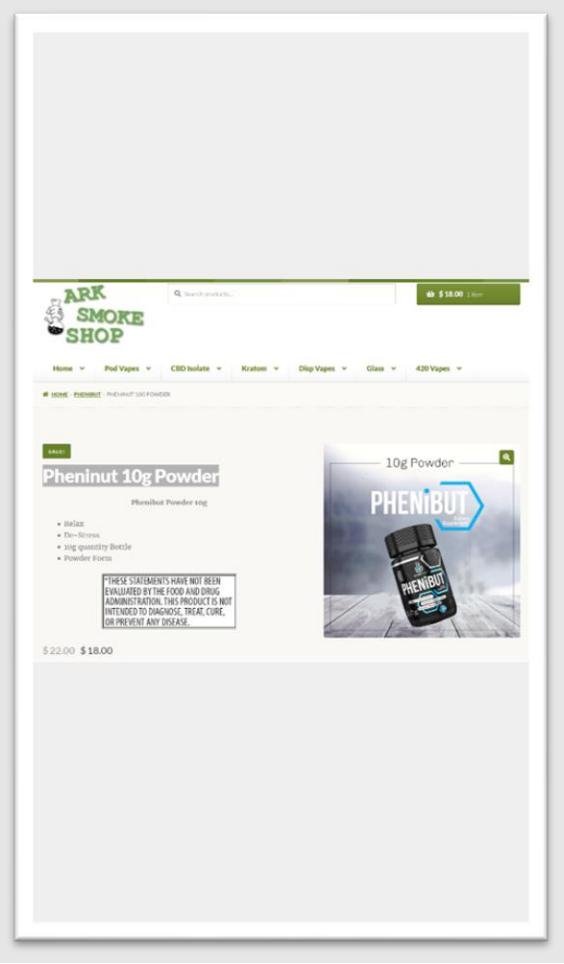
Ark Smoke Shop

https://arksmokeshop.com/product/phenibut-powder-10-g/

Disease/Treatment Claim:

"The locals of Russia and Ukraine have extensively used Phenibut as a cognitive treatment for a variety of reasons. Users report that it promotes improved brain and cognitive-related functions and may even suppress symptoms of anxiety, especially social anxiety. Purchase Phenibut in capsules or powder."



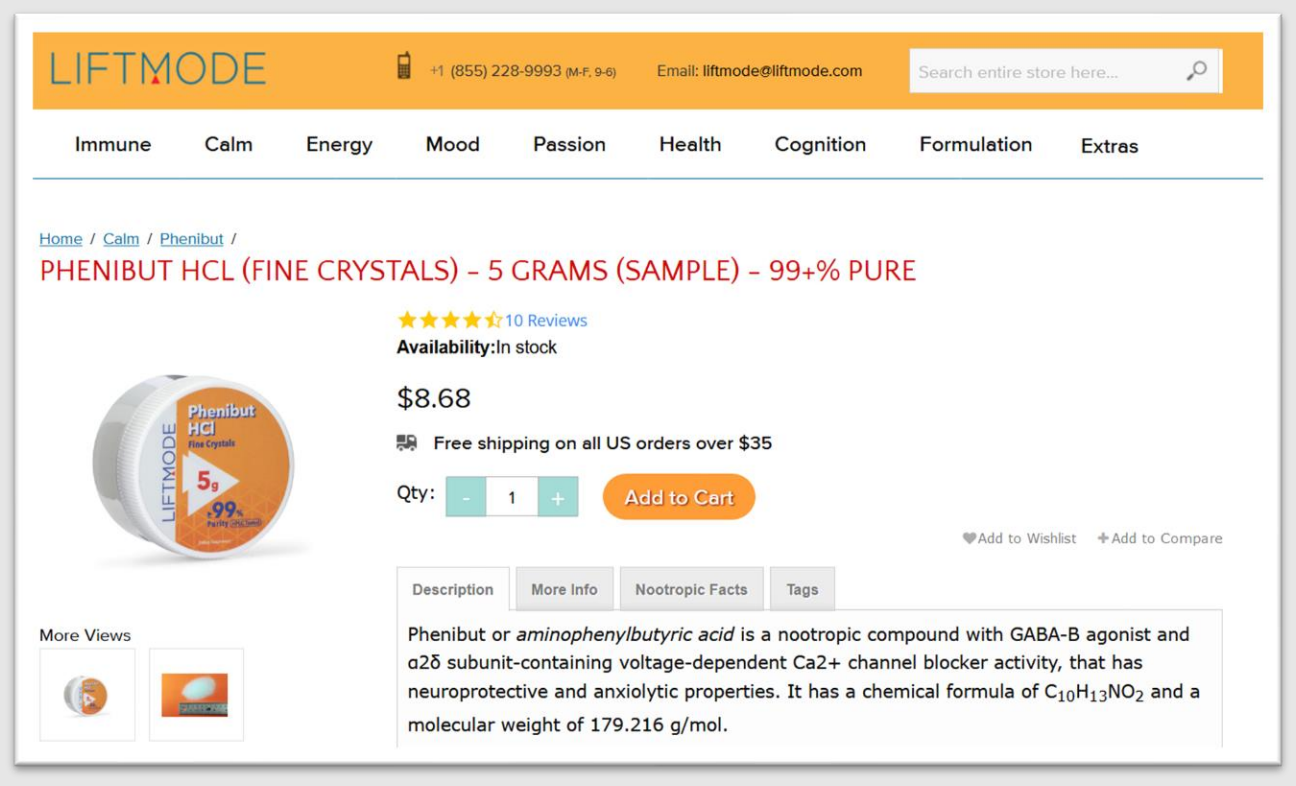


Phenibut HCl (Fine Crystals) - 5 Grams (Sample) - 99+% Pure
Liftmode
https://liftmode.com/phenibut-fine-crystal-granules-5-grams-sample-99-8-pure-fblm.html

Disease/Treatment Claims:

Product listing contains the following link, Can you use Phenibut to cure a hangover?, which takes users to the a blog entry with the following claims:

- Can you use Phenibut to cure a hangover? Phenibut is commonly used as an effective anti-stress product, and sometimes as a hangover cure"[2]
- "Can Phenibut help with a hangover? Yes! Phenibut's main effects include reducing stress and promoting a feeling of calmness and serenity. Hangovers often leave you feeling low, depressed, and anxious, and this is exactly where Phenibut comes in. Another important factor is that Phenibut is able to reduce the sensations of pain, by targeting GABA-B receptors."[3]



[2] Liftmode.com. *Can you use Phenibut to cure a hangover?*. https://liftmode.com/blog/can-use-phenibut-cure-hangover/. Accessed October 30, 2020.
[3] *Id.*

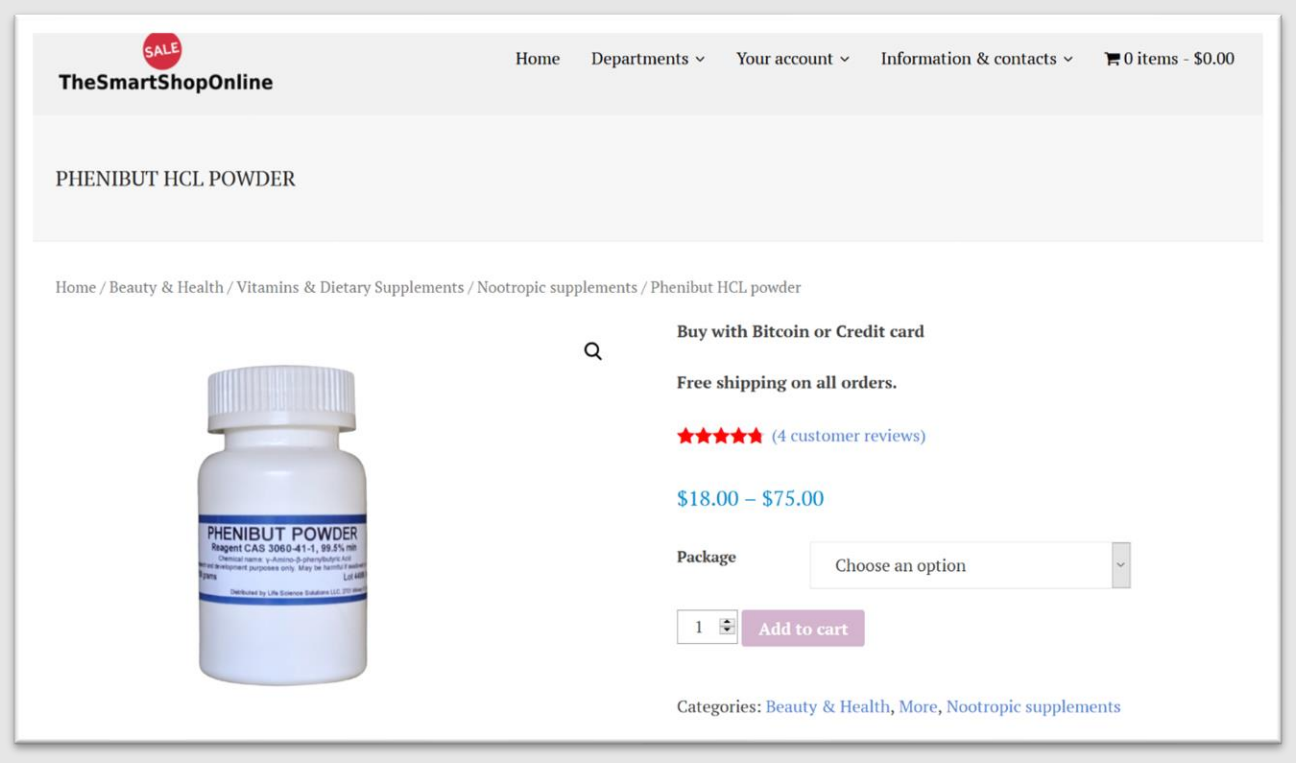
Phenibut HCL Powder

The Smart Shop Online

https://thesmartshoponline.com/product/phenibut-powder-100-grams-2/?fbclid=IwAR0_vb8elr9OH4V5qyJq1_0gERc4jztw3AduJUZz6V1qmo0BcnW1-96SrYE

Disease/treatment claims:

- "Phenibut is primarily used to treat anxiety and stress. Aside from this, there are a lot more other uses for this nootropic drug, which includes:
    - Alcoholism
    - Fear and anxiety
    - Stress and fatigue
    - Depression and insomnia
    - Improving memory, learning, and thinking"
- "In Russia, where the drug was originally invented and produced, it is used as prescribed medication for treatment of large variety of psychological conditions including treatment of asthenia, depression, alcoholism, alcohol withdrawal syndrome, post-traumatic stress disorder, stuttering, tics, vestibular disorders, Meniere's disease, dizziness, for the prevention of motion sickness, and for the prevention of anxiety before or after surgical procedures or painful diagnostic tests."



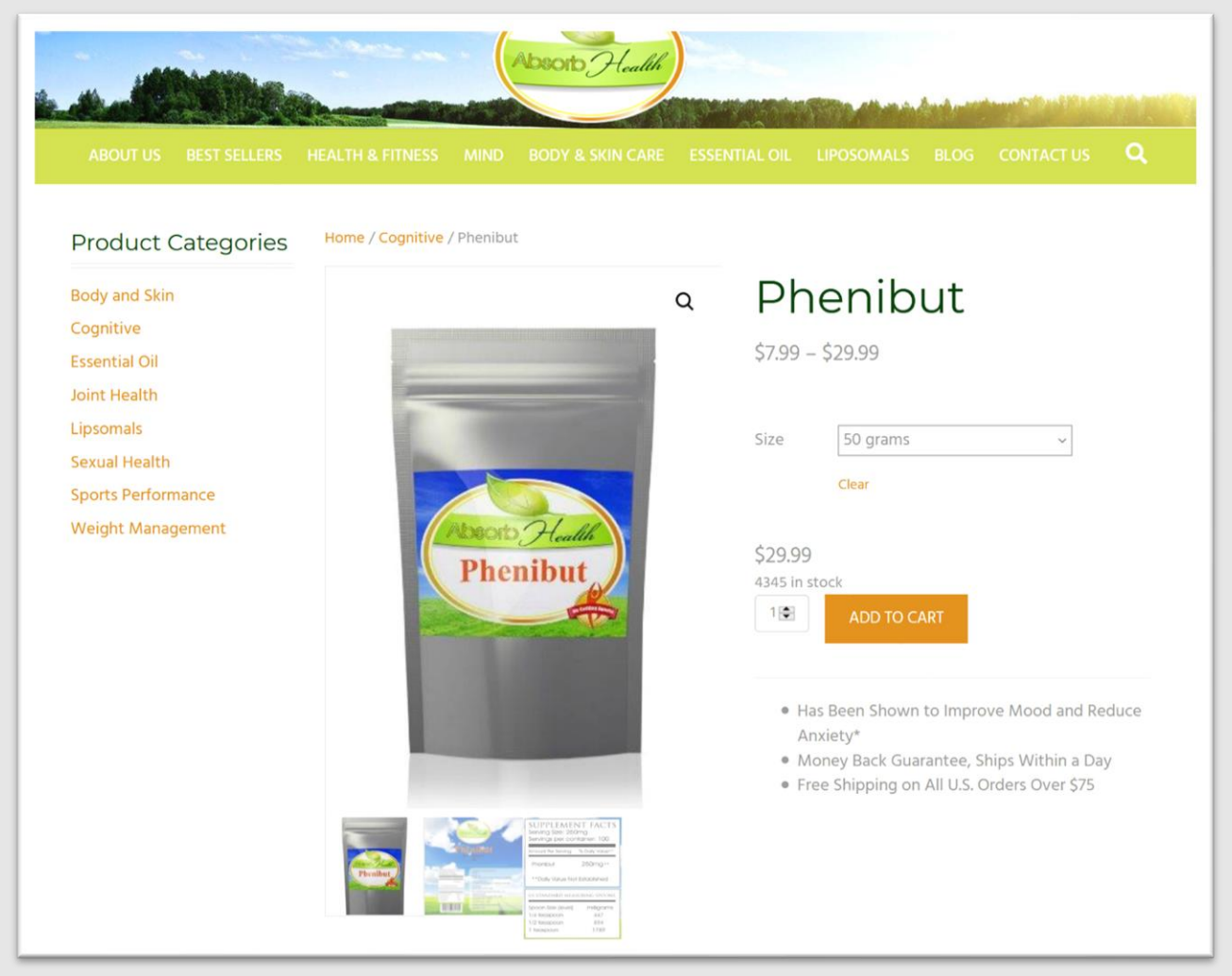
Phenibut

Absorb Health

https://www.absorbyourhealth.com/product/phenibut/?fbclid=IwAR1tU19xqsE-deNbLfQS4x-eowcL6UtX2BOCjDPLy6PjcbYaR1grcy0rgDo

Disease/Treatment claims:

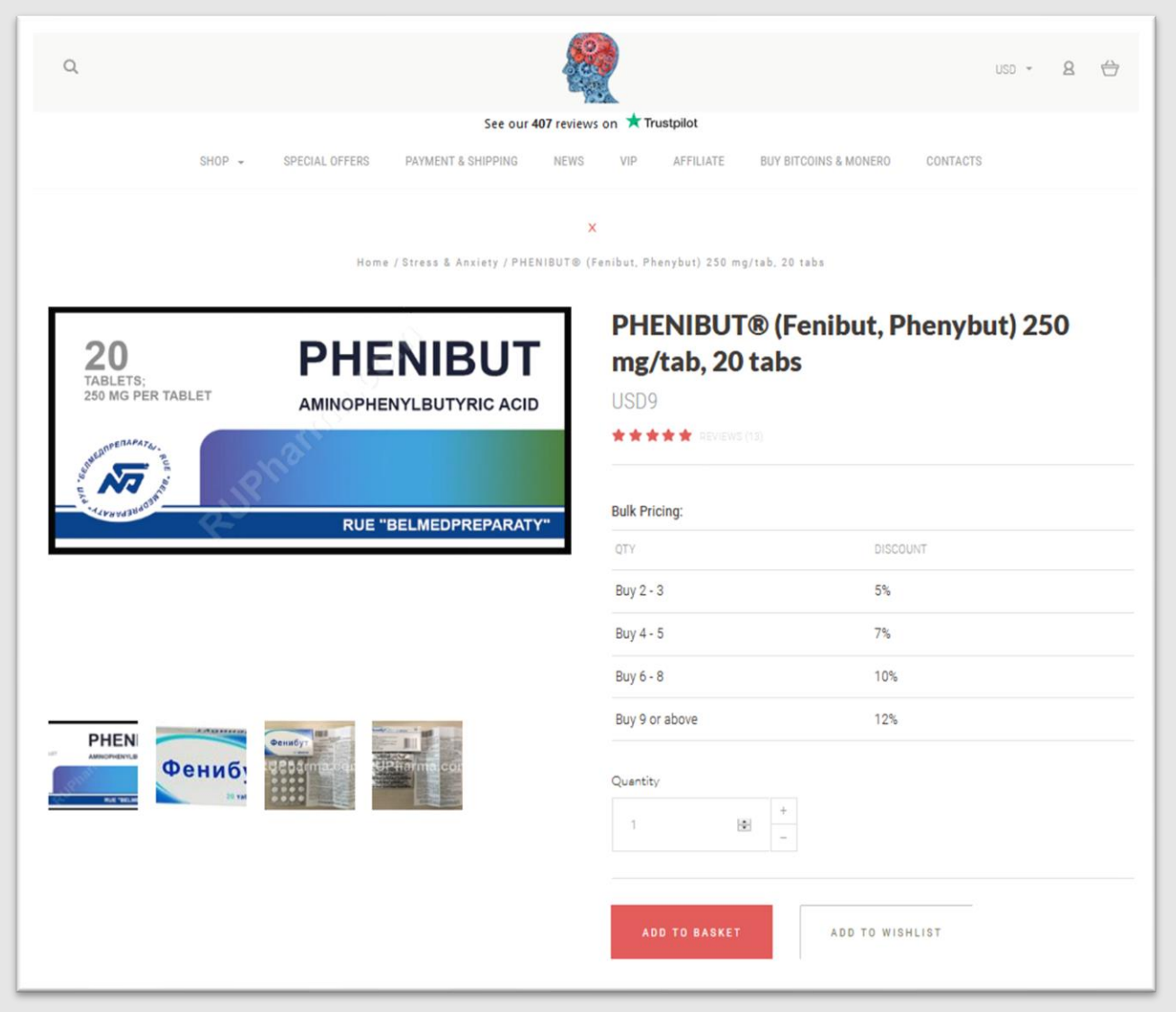
Phenibut has been shown to: protect against stress, reduce severity of brain injuries (Tiurenkenov, 2012); reduce anxiety (Tiurenkenov, 2011); and modulate the immune system (Samotrueva, 2010).*



PHENIBUT® (Fenibut, Phenybut) 250 mg/tab, 20 tabs
RUPharma.com
https://rupharma.com/phenibut/

Drug/Treatment Claims:

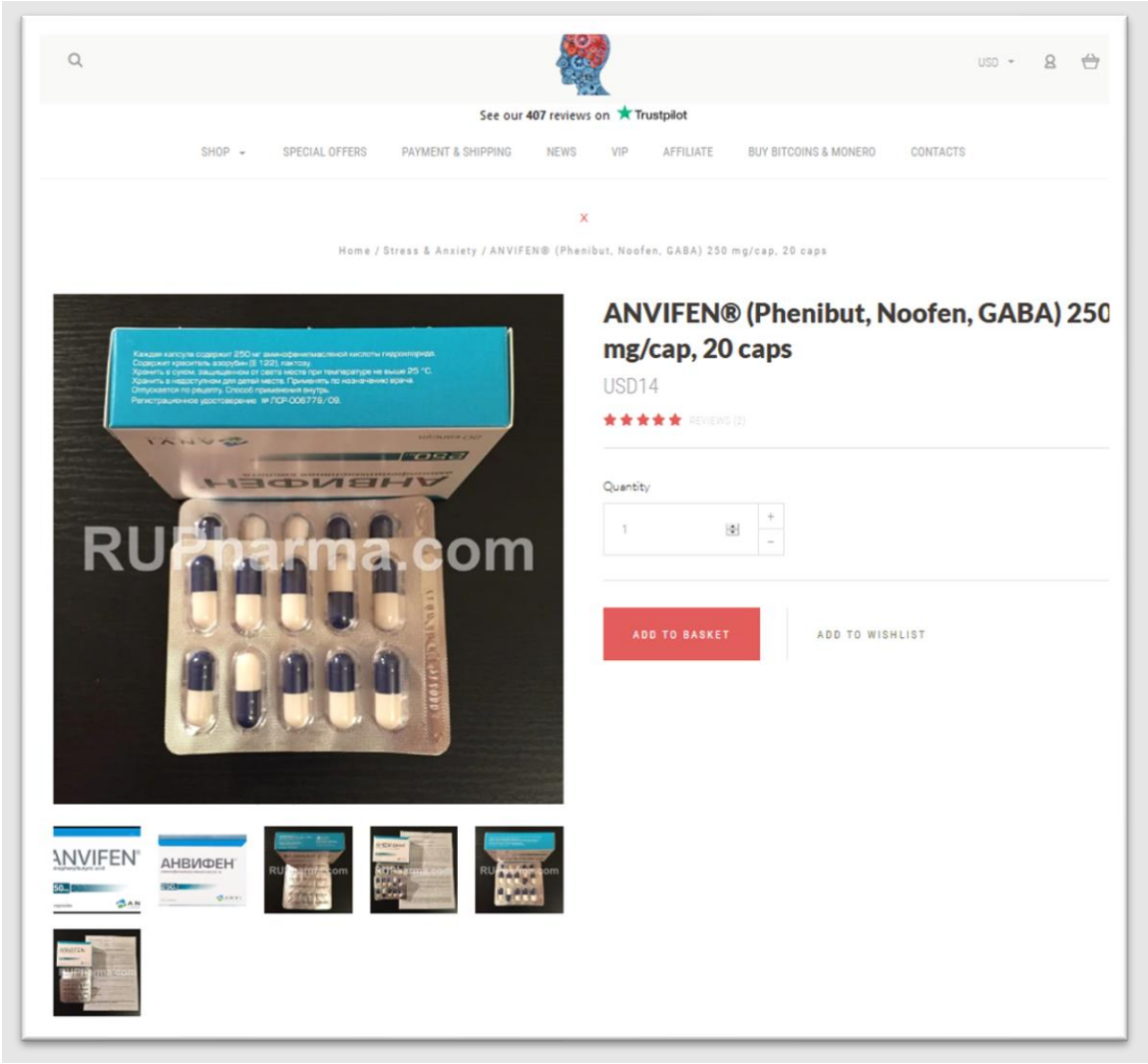
- Normalise Sleep
- Reduce the Effect of Hangovers (Reclaim Concentration Faster)
- Help in Quit Smoking
- Phenibut is used ti [sic] treat post-traumatic stress disorder, anxiety, depression, asthenia, insomnia, alcoholism, stuttering, and vestibular disorders.



ANVIFEN® (Phenibut, Noofen, GABA) 250 mg/cap, 20 caps
RUPharma.com
https://rupharma.com/anvifen/

Disease/Treatment Claims:

- ANVIFEN (Phenibut, Noofen) is a nootropic drug
- Treat Asthenia (Loss of Energy and Strength).
- Reduce Anxiety and Tension.
- Eradicate Sleep Disorders.
- Reduce Alcohol Withdrawal Syndrome.
- Remove Stammering and Tic Disorders in Children.
- …reduces vazovegetative symptoms including headaches, feeling of heaviness in the head, sleep disturbances, irritability, emotional lability).



NOOFEN® (Phenibut, GABA) 250 mg/cap, 20 caps
RUPharma.com
https://rupharma.com/noofen/

Disease/Treatment Claims:

- …reduces fatigue and vasovegetative symptoms, including headache...
- Treat Asthenic and Anxious-Neurotic Condition.
- Eliminate Stuttering, Tics, and Enuresis in Children.
- Remove Insomnia, Night Anxiety in the Elderly.
- Treat Meniere's Disease, Vertigo.
- Noofen increases dopamine level, thus providing anti-anxiety and antidepressant effects.