

L-Theanine

- **L-Theanine** is a dietary supplement that helps promote a restful state.*

Recommended for:

- Stress Management*
- Relaxation*
- Reducing irritability*

About L-Theanine

- L-Theanine is a naturally occurring amino acid found in green tea and is a derivative of glutamic acid, a major neurotransmitter in the brain.
- L-Theanine is known for its calming effects in the brain and has been shown to support concentration and focus while it reduces irritability and low mood states.* It directly stimulates production of alpha brain waves, giving the body a sense of deep relaxation and mental alertness without drowsiness.*
- L-Theanine enables the body to produce other calming amino acids, such as dopamine, GABA and Tryptophan and helps with concentration, focus, deep muscle relaxation and improved quality sleep.*
- L-Theanine has been shown to also help the regulation of blood pressure within normal ranges.* L-Theanine produces beneficial effects on the nervous and cardiovascular systems.*
- L-Theanine is Suntheanine® brand from Taiyo International, Inc. which has been extensively researched. Research studies on Suntheanine® include reducing stress and irritability, promoting relaxation, sleep quality, learning and concentration.*

- Suntheanine® brand L-Theanine is structurally identical to the L-Theanine compound naturally found in green tea. It should be noted however, that all research mentioned was conducted using Suntheanine® brand and not L-Theanine from Green Tea Extract.

- L-Theanine can be used daily or just when you need to relax.*

- L-Theanine from Suntheanine® supports relaxation without causing drowsiness.*

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving:

L-Theanine 200 mg
(Suntheanine® brand)

Other Ingredients: rice flour, vegetable cellulose (capsule), vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this or any nutritional product.

- **Suggested Use:** As a dietary supplement, take one capsule daily, or as directed by your healthcare practitioner.

Suntheanine® L-Theanine is patented and licensed by Taiyo International, Inc.

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