

# L-Theanine

Vegetarian Capsules



*Stress*

*Relaxation*

*Sleep*

NutritionalFrontiers.com  
(412) 922-2566



# L-Theanine

Available in 60 count Vegetarian Capsules

## 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** from Nutritional Frontiers 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 (100% pure L-Theanine) 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

**Available Bottle Size: 60**

**Serving Size: 1 Capsule**

**Servings Per Container: 60**

Amount Per Serving

L-Theanine 200 mg

(Suntheanine® brand)

**Other Ingredients:** Microcrystalline Cellulose, Vegetarian Capsule (Hypromellose and Water)

**Suggested Use:** As a dietary supplement, take 1 capsule daily, or as directed by your healthcare practitioner.

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

**Suntheanine®**

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