

## L-Theanine

### **60 capsules**

Item Catalog Number: 3130

L-Theanine is an amino acid that helps promote a restful, relaxed state without diminishing daytime alertness.\* It is free of the side effects commonly associated with other relaxing agents.\* There are scientific indications that L-Theanine also supports healthy blood pressure levels that are already within normal limits.\*

### Supplement Facts

Serving Size 1 capsule

Servings Per Container 60

#### Amount Per Serving

L-Theanine (Suntheanine brand) 100 mg

Other ingredients: natural polysaccharide capsule, cellulose, and magnesium stearate.

Contains no sugar, salt, yeast, wheat, gluten corn, soy, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin.

Suntheanine®, a patented form of L-Theanine, is a trademark of Taiyo International, Inc.

### Dosage and Use

- One capsule two or three times daily.
- If additional support is desired, increase to two capsules three times daily, or as directed by your healthcare practitioner.

### Caution

If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use.

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