

## L-Theanine

**100 mg, 60 capsules**

Item Catalog Number: 00555

Theanine is an amino acid found in green tea that produces calming effects in the brain by increasing levels of serotonin and dopamine, and blocking the binding of L-glutamic acid to glutamate receptors.<sup>33</sup> Life Extension Foundation® members can enjoy the benefits of this unique ingredient in a 100-mg supplement. This “feel good” supplement causes no adverse reactions. In fact, in Japan, theanine is added to soft drinks and chewing gum for the purpose of inducing relaxation.

The calming, mood-enhancing effect is achieved by helping to increase alpha-brain waves, electrical brain activity commonly present when you are very relaxed, literally putting you in a better mood.<sup>33</sup>

Just as meditation, massage or aromatherapy quiets the mind and body, theanine plays a role in inducing the same calm and feeling of well-being without drowsiness. It is a non-toxic, highly desirable mood modulator.

## References

### Supplement Facts

Serving Size 1 capsule

Servings Per Container 60

### Amount Per Serving

Suntheanine® (L-Theanine)

100 mg

Other ingredients: rice flour, gelatin, magnesium stearate.

Contains rice. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

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## Dosage and Use

- Take one capsule one to four times daily with or without food, or as recommended by a healthcare practitioner.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

## Related Keywords

Relax, Stress, Mood

taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.