

Where Science and Nature Come Together.®

FOODSCIENCE®
of Vermont

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** from FoodScience® of Vermont 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.*

- Each vegetarian capsule provides 200 mg of 100% pure L-Theanine.

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving

L-Theanine	200 mg
(Suntheanine® brand)	

Other Ingredients: rice flour, vegetable cellulose, vegetable stearate.

Warning: If you are pregnant or nursing, consult your health care practitioner before taking this or any nutritional product.

- **Suggested Use:** As a dietary supplement, take one capsule daily.

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

Sold Exclusively Through Retailers.

0300132.030 (30 Vegetarian Capsules)

0300132.060 (60 Vegetarian Capsules)

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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