

**USAGE:** Take 1 capsule 1 or 2 times per day with water or juice on an empty stomach or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Theanine** is a unique amino acid found almost exclusively in green tea that exerts beneficial effects on brain metabolism.\* Theanine induces relaxation without causing drowsiness, as measured by increased generation of alpha-waves.\* Theanine may improve learning ability and sensations of pleasure by affecting dopamine and serotonin neurotransmitters in the brain.\* Also, theanine exerts protective effects on the brain by mitigating glutamate toxicity.\*

**Jarrow Formulas®** Theanine is made enzymatically from amino acids and is identical to the theanine found in green tea.

**Keep out of the reach of children.**

**Suitable for vegetarians/vegans.**

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

Lot #: Best Used Before:

**Jarrow**  
F O R M U L A S

# Theanine 100

Neurologically-Active  
Amino Acid

Promotes Relaxation\*  
Supports Learning Ability\*

*Suntheanine®*

100 60 DIETARY  
MILLIGRAMS VEGGIE CAPS SUPPLEMENT

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

|            | Amount Per Serving | % DV |
|------------|--------------------|------|
| L-Theanine | 100 mg             | †    |

† Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suntheanine® is a registered trademark of Taiyo International, Inc.

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**Jarrow FORMULAS®**  
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