USAGE: Take 1 capsule 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 FORMULAS®

Theanine 200

Neurologically-Active Amino Acid

Promotes Relaxation*
Supports Learning Ability*

Suntheanine®

200 MILLIGRAMS | 60 VEGGIE CAPS | DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
L-Theanine	200 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.

vegan
VEGGIE CAPS

NON GMO
CERTIFIED BY NSF
www.nsfnongmo.org

Distributed Exclusively by:
Jarrow FORMULAS®
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