

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 sensations of pleasure by affecting dopamine and serotonin neurotransmitters in the brain.* Also, theanine may exert protective effects on the brain by helping to maintain healthy metabolism of glutamate.*

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.

Store in a cool, dry place.

* 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.

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

Lot #: Best Used Before:

Jarrow
F O R M U L A S

Theanine 100

Neurologically-Active
Amino Acid

Promotes Relaxation*

100

MILLIGRAMS

60

VEGGIE CAPS

DIETARY

SUPPLEMENT

Suntheanine®

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
L-Theanine (Suntheanine®)	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.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and Formulation™

Los Angeles, CA 90035-4317

www.Jarrow.com

(866) 459-4154



www.nsfnon GMO.org

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FILL LINE

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