

L-Theanine is an amino acid which is commonly found in green tea. It plays a key role in mood support by helping to improve GABA (gamma aminobutyric acid) levels in the brain. GABA is an inhibitory neurotransmitter and its natural release in the body can lead to relaxation. Supplementation with L-Theanine can help maintain GABA levels, and research indicates it can promote a calm, relaxed state without causing drowsiness.* This formulation provides Free Form, patented L-Theanine as Suntheanine® to promote optimal absorption and assimilation.*

Carefully Manufactured by:
Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

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B302706 00B



L-THEANINE 150 MG

FREE FORM
MOOD SUPPORT*
PROMOTES RELAXATION*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



60 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving

Suntheanine® 150 mg**
L-Theanine (Free Form)

****Daily Value not established**

Other Ingredients: Vegetable Cellulose,
Microcrystalline Cellulose, Silica, Vegetable
Magnesium Stearate.

**FREE OF: Gluten, Wheat, Dairy, Soy,
Yeast, Sugar, Sodium, Artificial Flavor,
Sweetener, Preservatives and Color.**

Suntheanine® is a registered trademark of
Taiyo International, Inc. Use of Suntheanine®
is protected by U.S. Trademark Reg. No.
2548957.

SUGGESTED USE: As a dietary
supplement for adults, take one
(1) vegetable capsule twice daily,
between meals, or as directed by
a healthcare practitioner.

If you are pregnant, nursing, taking any
medication or have a medical condition,
please consult your healthcare practitioner
before taking any dietary supplement. Keep
out of reach of children. Store in a cool,
dry place. Do not use if outer bottle seal is
missing, torn or damaged in any way.

Solgar's KOF-K certification #K-1250

*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.

