

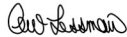
SUGGESTED USE Consume one capsule daily or as recommended by your physician. This product is most effective as part of a healthy diet and active lifestyle. **For questions about the use of this product call 800.332.7799.**

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THEANINE

200 mg of Soothing Theanine
Calm Relaxed Focus – Naturally



Dietary Supplement | **360** Easy-to-Swallow Capsules

Andrew Lessman's THEANINE provides 200 mg of pure Theanine – one of the most uniquely beneficial and unusual of amino acids. First of all, unlike other amino acids, Theanine is not a building block of protein, but is almost exclusively found in the tea plant (*Camellia sinensis*) where it accounts for both its distinctive flavor, as well as its unique calming properties. Plus, because Theanine can cross the blood brain barrier, it can deliver its beneficial properties directly to the brain and nervous system. Theanine has been shown to enhance alpha brain-wave activity, which is associated with a relaxed, but still focused and alert state. Theanine promotes the production of the neurotransmitters dopamine and serotonin, which support relaxation and calm. The observation that the caffeine in green tea is less intense than that of coffee results from green tea's abundance of Theanine. In fact, Theanine is often used to reduce the uncomfortable effects of caffeine and to support a relaxed state. Theanine can also help to diminish perceived stress and tension while promoting calm attention and focus. In short, Theanine naturally supports the brain and its neurotransmitters promoting calm, relaxed focus without drowsiness.

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.

**CONTAINS NO ADDITIVES OR
COMMON ALLERGENS OF ANY KIND**

Supplement Facts

Serving Size 1 Capsule Servings Per Container 360

Amount Per Serving

L-Theanine 200 mg †

† Daily Value not established.

Other Ingredients. Gelatin capsule.