



L-Theanine

WARNING: Do not use if you are taking blood pressure medication.

Storage: Keep dry, cool & dark

25g (0.88oz)

Lot Number:

Date of manufacture

Supplement Facts

Serving Size 250 milligrams

Servings per container: 100

Amount Per Serving	% Daily Value**
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L-Theanine 250 mg	*
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* Daily Value not established.

** Based on 2,000 calorie diet

Other Ingredients: None

Free of: sugar, soy, dairy, yeast, gluten, corn and additives.

Directions: As a dietary supplement, take 100 mg (scant 1/16 tsp) to 250 mg (1/8 tsp) one to three times daily.

US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/16 teaspoon	121
1/8 teaspoon	243
1/4 teaspoon	487

Warning: This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. Keep out of reach of children.