

L-Theanine is an amino acid that is not common in the diet. It is used as a relaxing agent that does not cause sedation. It also may reduce stress levels and slightly enhance attention levels. Many people take it with caffeine to ease the anxiety commonly felt when taking caffeine or other stimulants.

Suggested Use: Take one capsule with or without food to promote feelings of relaxation and reduce stress. Do not consume more than 8 capsules in one day and space out doses 3-4 hours.

Storage: Store in a cool, dark place. Do not freeze or expose to moisture or heat above room temperature.

Directions: Take (1) capsule (1/2 a serving) or (2) capsules (full serving) early in the day on an empty stomach or as recommended by a healthcare practitioner.

WARNING: Consult your physician before using this product, especially if you are on other medication such as SSRIs. Do not consume more than 8 capsules per day, allowing at least 3 hours between doses. Do not take this product if you are pregnant or nursing, consult your physician if you are on other medications.

Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not take L-Theanine and operate any heavy machinery until you know how it affects you. Keep out of reach of children.



Double Wood
SUPPLEMENTS

L-THEANINE

- * Promotes Relaxation without Sedation
- * Reduces Stress and Improves Attention

120 Capsules 200mg

Dietary Supplement • Per Capsule

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 120

Amount per Serving		Daily Value
L-Theanine	200mg	†
* Daily Value not established		
Other Ingredients: Gelatin (Capsule) and Rice Flour		
*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.		

Manufactured for:
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