

Suggested Usage: Take 1 capsule 1 to 2 times daily as needed, with food. Do not take this product on an empty stomach; do not exceed recommended dose.

Theanine is a unique amino acid found naturally in the tea plant (*Camellia sinensis*). Theanine promotes relaxation while maintaining alertness and promotes healthy cognitive function.* Theanine may also support healthy vascular function through this relaxing effect.*

*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.

CAPSULE SIZE

Caution: Take with food. For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition (including liver disease). Keep out of reach of children.

CODE 0145C v8



Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

L-Theanine	100 mg**
Decaffeinated Green Tea (<i>Camellia sinensis</i>) (Leaf)	250 mg**

** Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Rice Flour, Stearic Acid (vegetable source) and Silicon Dioxide.

Manufactured & Quality Tested by NOW FOODS
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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

