

Suggested Usage: Take 1 capsule 1 to 2 times daily as needed, preferably on an empty stomach.

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: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

CODE 0147D v7



Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

L-Theanine	200 mg**
Inositol	100 mg**

** Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), 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.

This product has twice the L-Theanine (200 mg per capsule) as in our regular strength product (100 mg per capsule).

Store in a cool, dry place after opening.

