L-Theanine is a unique amino acid naturally found in green tea that exerts beneficial effects on brain metabolism. Animal studies have shown that L-theanine crosses the blood brain barrier, increases dopamine and GABA levels in the brain, and inhibits the stimulatory properties of caffeine. L-Theanine promotes relaxation without the drowsiness or negative side effects associated with other calming agents as measured by increased generation of alpha-waves.† Certain research publications indicate that L-Theanine may help support the following:

- Supports healthy cardiovascular system.†
- Supports healthy brain and nervous system.†
- Supports learning ability.†
- Supports relaxation and well-being.†

SUGGESTED USE: As a dietary supplement, take one (1) tablet one to two times daily as needed, preferably on empty stomach, or as directed by your qualified healthcare professional.

Keep out of the reach of children.
Do not use if safety seal is broken or missing.
Keep in cool, dry place.

†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.

MADE IN USA

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Best Naturals®

L-Theanine

Premium Formula

200 mg

3rd Party Lab Tested

GOOD MANUFACTURING PRACTICE • GMP • PRODUCT

120 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 120

	Amount Per Serving	%DV*
L-Theanine	200 mg	**

*%Daily Value **Daily Value not established.

Other Ingredients: Dicalcium phosphate, microcrystalline cellulose (vegetable grade), stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate, pharmaceutical glaze.

CAUTION: For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Corn, No Soy, No Egg, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

Manufactured for Best Naturals,
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Lot# **Exp#**