

**Suggested Use:** Take 1 capsule daily with food, or as recommended by a Healthcare Practitioner.

**Formulated Without: GMOs, Gluten or Soy.**

**Warnings: Keep out of reach of children.** As with all dietary supplements, it is recommended to consult with a healthcare professional before adding something new to your health and wellness regimen.

**Sealed for your protection, do not use if seal is missing or broken. Store in a cool, dry place.**

**\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

 **LAKE AVENUE™**  
**NUTRITION**

**L-Theanine**  
**100 mg**

**Supports Relaxation  
& Calm Focus\***

**Dietary  
Supplement**

**180 Veggie Capsules**

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 180

	Amount Per Serving	%Daily Value
L-Theanine	100 mg	**

\*\* Daily Value not established.

**Other Ingredients:** Microcrystalline Cellulose, Vegetable Cellulose (Capsule), Gum Arabic, and Sunflower Oil.

*Not manufactured with milk, egg, fish, shellfish, peanuts, tree nuts, wheat, soy, or gluten. Produced in a third-party cGMP facility that may process other products that contain these allergens or ingredients.*

Lake Avenue Nutrition™ is a trademark of Madre Labs, LLC

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