

SOURCE NATURALS®

Made With
Suntheanine®



SERENE SCIENCE®

L-THEANINE

FOCUSED RELAXATION*

200 MG • 60 TABLETS

Dietary
Supplement



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Calcium (as dibasic calcium phosphate)	77 mg	6%
L-Theanine (Suntheanine®)	200 mg	†

†Daily Value not established.

Other ingredients: dibasic calcium phosphate, microcrystalline cellulose, magnesium stearate, stearic acid, silica, modified cellulose gum, and hydroxypropyl cellulose.

Suggested Use: 1 tablet 1 to 2 times daily.

WARNING: Not for use by children or women who are pregnant, may become pregnant, or breastfeeding. If you are taking any antidepressant drugs, such as MAOIs or SSRIs, consult your health care professional before taking this product.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

Contains no yeast, dairy, egg, gluten, corn, soy or wheat.
Contains no sugar, starch, preservatives, or artificial color, flavor or fragrance.

L-Theanine is an amino acid that preliminary evidence suggests may help ease some psychological and physical aspects of normal everyday stress, including occasional anxiety and tension. Human studies have shown that taking L-theanine affects the emission of alpha waves in the brain associated with states of relaxation and focused attention. Preliminary research has shown that L-theanine crosses the blood brain barrier, and suggests that it may support healthy neurotransmitter levels in the brain, and inhibit the stimulatory properties of caffeine.*

***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.**

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Manufactured for:

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