

**Bluebonnet's L-Theanine 200 mg Vegetable Capsules** are formulated with the free-form amino acid L-theanine in its crystalline form to help support memory and learning as well as support an overall sense of relaxation. ♦

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.

Also free of gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700

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

♦ 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.



**Bluebonnet**



# L-Theanine 200 mg

Memory & Mood Support ♦

Dietary Supplement

**30** Vegetable  
Capsules

**Directions:** As a dietary supplement, take one capsule daily or as directed by a healthcare practitioner. Store tightly closed in a cool, dry place.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 30

### Amount Per Serving

|                           |        |   |
|---------------------------|--------|---|
| L-Theanine<br>(free-form) | 200 mg | * |
|---------------------------|--------|---|

\* Daily Value not established.

Other ingredients: Vegetable cellulose, capsule (hypromellose, purified water), vegetable magnesium stearate.

Manufactured by  
Bluebonnet Nutrition Corporation  
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