

SOURCE NATURALS®



DIETARY SUPPLEMENT

L-THEANINE

HELPS REDUCE ANXIETY*

200 MG • 30 TABLETS

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.

Suitable for vegetarians and **HYPOALLERGENIC:** contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

***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.**

Manufactured for:

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SN1498

REV A121



Supplement Facts
Serving Size 1 Tablet

	Amount Per Serving	%DV
Calcium	76 mg	8%
L-Theanine	200 mg	†

†Daily Value not established.

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

L-Theanine is a unique amino acid found almost exclusively in the tea plant (*Camellia sinensis*) and is the primary ingredient contributing to the unusual taste of green tea. 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. Human studies have shown that taking L-theanine results in the emission of brain waves associated with a state of relaxation.*

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