

## Supplement facts

Serving Size: 1 capsule

Servings per bottle: 90

| Amount Per Serving | DV |
|--------------------|----|
|--------------------|----|

|             |       |   |
|-------------|-------|---|
| L- Theanine | 300mg | * |
|-------------|-------|---|

\* Daily value not established  
Other ingredients: Magnesium stearate,  
Gelatin capsule.

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Everyday Health

# L-Theanine 300

**90 CAPSULES / Dietary Supplement**

### Directions:

Take 1 capsule as required, up to 3 times per day 5 hours apart, or as directed by your health care practitioner.

### Caution:

If you suffer from any health problems or on medications consult a physician before using.

**Keep out of reach of children**

Made in New Zealand from imported ingredients

Batch:

Best Before:

