

SUGGESTED USE: Adults take 1 capsule 1-2 times a day with water or juice on an empty stomach or as directed by your qualified healthcare professional.

Theanine is a unique amino acid also found in green tea that exerts beneficial effects on the brain through the neurotransmitters dopamine and serotonin.* Theanine supports alpha brain wave formation, which is associated with relaxation.*

WARNING: Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition; if adverse reactions occur, discontinue use.

**KEEP OUT OF THE REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.**

*** 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.**

^When taking 2 capsules per day.

Lot #. Best Used Before:



VEGAN

Theanine 100

REGULAR STRENGTH

100 MG

Neurologically-Active Amino Acid*
Promotes Relaxation^*

non-gmo gluten free

60 VEGGIE CAPSULES
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
L-Theanine	100 mg †
† Daily Value (DV) not established.	

Other Ingredients: Microcrystalline cellulose, capsule (hydroxypropylmethylcellulose, water), magnesium stearate (vegetable source) and silicon dioxide.

Distributed by Jarrow Formulas, Inc.
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No wheat, gluten, soybeans, dairy, egg, 12222THE
fish/shellfish, peanuts/tree nuts or sesame. PROD # 115050



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Do not use if safety seal is damaged or missing.

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