

**SUGGESTED USE:** Adults take 1 capsule once 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 promotes alpha brain wave formation to support 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.**

Do not use if safety seal is damaged or missing.

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Lot #. Best Used Before:

**Jarrow  
FORMULAS**®

VEGAN

# Theanine 200

**EXTRA STRENGTH**

**200 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 200 mg †

† Daily Value (DV) not established.

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

Distributed by Jarrow Formulas, Inc.  
Sherman Oaks, CA 91403, USA  
1-866-459-4154 [www.Jarrow.com](http://www.Jarrow.com)

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, peanuts/tree nuts or sesame.



12222THE200  
PROD # 115057

APPROX.  
FILL LINE