

PRODUCT INFORMATION:

One capsule typically provides:
Theanine

100mg

INGREDIENTS:

L-theanine, capsule: hydroxypropyl methylcellulose (carrageenan)*; bulking agent: cellulose; anti-caking agent: silicon dioxide; anti-caking agent: magnesium stearate*. *(vegetarian source)

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, soya, starch, sugar, wheat, yeast.

Suitable for vegetarians and vegans.
This product is not tested on animals.

higher nature



THEANINE

ALSO IN GREEN TEA

ULTIMATE NUTRITION

FOOD SUPPLEMENT

30
capsules

THEANINE

- ✓ Theanine is an amino acid found in green tea.
- ✓ Helps promote GABA, a brain neurotransmitter involved in relaxation.

DIRECTIONS:

Adults take 1-2 capsules a day, children over 8 years, 1 capsule a day, between meals, or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.



QTH030
110



QTH-286-02

Higher Nature, Burwash Common, East Sussex,
TN19 7LX, UK www.highernature.com