

Suggested Usage: Chew 1 tablet 1 to 3 times daily as needed, preferably on an empty stomach.

L-Theanine is a unique amino acid found naturally in the tea plant (*Camellia sinensis*). L-Theanine promotes relaxation while maintaining alertness and promotes healthy cognitive function.* L-Theanine may also support healthy vascular function through this relaxing effect.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication (especially blood pressure medications), or have a medical condition. Keep out of reach of children. Contains Xylitol, do not feed to pets.

Do Not Eat Freshness Packet.
Keep in Bottle.

Natural color variation may occur in this product.

CODE 0144 V1

TABLET
SIZE



Chewable L-Theanine 100 mg

Tension Management*

- Promotes Relaxation*
- Healthy Vascular Function*
- With Inositol and Taurine

90 Chewables

A Dietary Supplement Vegetarian/Vegan

Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 1 Chewable Tablet

Amount Per Serving	
L-Theanine	100 mg*
Inositol	100 mg*
Taurine (Free-Form)	100 mg*

* Daily Value not established.

Other ingredients: Xylitol, Cellulose, Sorbitol, Stearic Acid (vegetable source), Natural Flavors, Silica, Malic Acid, BetterStevia® [Organic Stevia Extract (Leaf)], Magnesium Stearate (vegetable source) and Beet Powder.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

