

Many drink green tea for its calming effects. L-Theanine is an amino acid found naturally in green tea. Historically used as a relaxing agent, L-Theanine may play a role in neurotransmitter function and cognition.[†]

Our **L-Theanine 200 mg** is derived from green tea leaves, and is suitable for vegans and vegetarians.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

[†]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.

Plant-Sourced
L-THEANINE
200 mg
Promotes Relaxation[†]
Dietary Supplement
60 VEGETARIAN CAPSULES



Supplement Facts

Serving Size 1 Capsule Servings Per Container 60

Amount Per Serving	% Daily Value
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L-Theanine (from green tea leaves)	200 mg *
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* Daily Value not established.

Other Ingredients: Rice bran, beet root fiber, cellulose and water.

SUGGESTED USE: Take one capsule per day or as directed by your healthcare practitioner.

CONTAINS NO artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

KEEP OUT OF REACH OF CHILDREN.

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