

SOURCE NATURALS®

SERENE SCIENCE®

L-THEANINE

FOCUSED RELAXATION*

Dietary
Supplement

200 MG • 60 TABLETS



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%DV
Calcium	76 mg	8%
L-Theanine	200 mg	†

†Daily Value not established.

Other ingredients: dibasic calcium phosphate, microcrystalline cellulose, magnesium stearate, stearic acid, silica, modified cellulose gum, and hydroxypropyl cellulose.

L-Theanine is a unique amino acid found almost exclusively in the tea plant (*Camellia sinensis*) and contributes to the unusual taste of green tea. Human studies have shown that taking L-theanine affects the emission of alpha waves in the brain associated with states of relaxation and focused attention. Preliminary research has shown that L-theanine crosses the blood brain barrier, and suggests that it may support healthy neurotransmitter levels in the brain, and inhibit the stimulatory properties of caffeine.*

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

Suggested Use: 1 tablet 1 to 2 times daily.

WARNING: Not for use by children or women who are pregnant, may become pregnant, or breastfeeding. If you are taking any antidepressant drugs, such as MAOIs or SSRIs, consult your health care professional before taking this product.

Suitable for vegetarians and **HYPOALLERGENIC:** contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

***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.**

Manufactured for:
© SOURCE NATURALS, INC.
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