

SUGGESTED USAGE: Take 1 capsule 1 to 2 times daily as needed, or as directed by your healthcare practitioner.

HOW IT WORKS: L-Theanine is an amino acid shown to be the constituent responsible for the calming properties of green tea.* L-Theanine can cross the blood-brain barrier and enhances healthy alpha brain-wave activity, which is associated with a relaxed, but alert state.* At the same time, L-Theanine helps to support the health of brain cells exposed to typical stimulation from excitatory neurotransmitters and promotes normal dopamine and GABA release.* Clinical studies have shown that L-Theanine can support relaxation without drowsiness and promote healthy cognitive function.*

CAUTIONS/INTERACTIONS: L-Theanine may interact with chemotherapy agents, psychoactive drugs, and antihypertensive medications. If you are taking any of these medications, consult your healthcare practitioner before taking this product.

*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.

Natural color variation may occur in this product.



L-Theanine

200 mg

- Relaxed but Alert Mental State*
- Cognitive Support*



60 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

L-Theanine	200 mg*
Inositol	100 mg*

* Daily Value not established.

Other ingredients: Vegetable Polysaccharide (capsule), Magnesium Stearate (vegetable source) and Silica.

Protocol For Life Balance®, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA protocolforlife.com

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



CODE
P0147
V3