

USAGE: Take 1 capsule per day with water or juice on an empty stomach or as directed by your qualified health care consultant.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your health care practitioner before using this product.

THEANINE 200 is a unique amino acid found almost exclusively in green tea that exerts beneficial effects on brain metabolism.* Theanine induces relaxation without causing drowsiness, as measured by increased generation of alpha-waves.* Theanine may improve learning ability and sensations of pleasure by affecting dopamine and serotonin neurotransmitters in the brain.* Also, theanine exerts protective effects on the brain by mitigating glutamate toxicity.*

Jarrow FORMULAS® Theanine 200 is made enzymatically from amino acids and is identical to the theanine found in green tea.

Keep out of the reach of children.

* 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.

Lot #. Best Used Before:

Jarrow FORMULAS®

Theanine

**Amino Acid Derivative
Neurotransmitter**

200

Suntheanine®

**Promotes Relaxation*
and Learning Ability***

200 mg 60 Capsules
Dietary Supplement

Supplement Facts

Serving Size 1 Capsule Servings Per Container 60

	Amount Per Serving	% DV
L-theanine	200 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of gelatin.

No wheat, no gluten,
no soybeans, no dairy,
no egg, no fish/shellfish,
no peanuts/tree nuts.

Suntheanine® is a
registered trademark of
Taiyo International, Inc.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and FormulationSM

P.O. Box 35994

Los Angeles, CA 90035-4317

www.Jarrow.com

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