

# L-Theanine 200mg

Relaxation and Stress Relief\*  
Featuring Suntheanine®



Therapeutic Solutions

**L-Theanine 200mg** is a naturally occurring, unique amino acid found in green tea leaves. This L-Theanine is Suntheanine® - the most respected source and the one which has been used in scientific studies. L-Theanine may promote a sense of relaxation without causing drowsiness.\* It has also been found to promote healthy cellular function and reduce feelings of stress and anxiety.\* L-Theanine may be useful in reducing the negative side effects of caffeine.\* *Available in 60c or 120c.*

**One Capsule Contains:**

L-Theanine (Suntheanine®†)..... 200 mg

**Other Ingredients:** Rice flour, HPMC (vegetable capsule), MCC (microcrystalline cellulose), ascorbyl palmitate, silica.

**Free of:** Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

†**Suntheanine®** is a registered trade name for pure L-Theanine from Taiyo Kagaku Co. Ltd., Yokkaichi, Japan.

**Directions:** Take one capsule one or two times daily or as directed by your healthcare practitioner.



**Optimum Therapeutic Solutions**  
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\*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.