

L-Theanine

A natural amino acid for mental tension

DESCRIPTION

L-Theanine, provided by Douglas Laboratories, supplies 100 mg of pure L-Theanine in each vegetarian capsule.

FUNCTIONS

L-Theanine is a unique amino acid found in green tea. L-Theanine has been studied for its use in promoting relaxation without drowsiness. † One way to record relaxation analytically is by measuring a weak electric pulse on the surface of the brain known as brain waves. Brain waves are categorized into one of four groups: alpha, beta, gamma or theta. Alpha waves are associated with a state of relaxation without drowsiness. In one study, 200 mg of theanine generated alpha waves in the occipital and parietal regions of the brain. No adverse side effects were reported in the study. Other studies have indicated that the intensity of alpha waves generated is dose dependent to the amount of theanine administered, and that theanine can reach the brain 30 minutes after oral administration. In addition to relaxation, research on L-theanine suggests that it can have significant benefits for cardiovascular, immune and neurological health. †

INDICATIONS

L-Theanine may be a useful dietary supplement for individuals wishing to support healthy mental functioning.

FORMULA (#98740)

Each Vegetarian Capsule Contains:

L-Theanine100 mg

SUGGESTED USE

Adults take 1 capsule daily or as directed by physician.

SIDE EFFECTS

Warning: If you are pregnant or breastfeeding, or if you are taking any prescription medication, consult a physician prior to use. Excessive consumption may impair ability to drive or operate heavy machinery. Not recommended for consumption with alcoholic beverages.

HOW SUPPLIED

Supplied in bottles of 60 vegetarian capsules.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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REFERENCES

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For more information on L-Theanine visit douglaslabs.com

† 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.