L-Theanine

Vegetarian Capsules

Stress

Relaxation

Sleep

NutritionalFrontiers.com
(412) 922-2566

NUTRITIONAL
FRONTIERS

L-Theanine

Available in 60 count Vegetarian Capsules

Recommended For:
- Stress Management
- Relaxation
- Reducing irritability

About L-Theanine:
L-Theanine is a naturally occurring amino acid found in green tea and is a derivative of glutamic acid, a major neurotransmitter in the brain.

L-Theanine is known for its calming effects in the brain and has been shown to support concentration and focus while it reduces irritability and low mood states. It directly stimulates production of alpha brain waves, giving the body a sense of deep relaxation and mental alertness without drowsiness.

L-Theanine enables the body to produce other calming amino acids, such as dopamine, GABA and Tryptophan and helps with concentration, focus, deep muscle relaxation and improved quality sleep.

L-Theanine has been shown to also help the regulation of blood pressure within normal ranges. L-Theanine produces beneficial effects on the nervous and cardiovascular systems.

L-Theanine from Nutritional Frontiers is Suntheanine® brand from Taiyo International, Inc. which has been extensively researched. Research studies on Suntheanine® include reducing stress and irritability, promoting relaxation, sleep quality, learning and concentration.

Suntheanine® brand L-Theanine is structurally identical to the L -Theanine compound naturally found in green tea. It should be noted however, that all research mentioned was conducted using Suntheanine® brand (100% pure L-Theanine) and not L-Theanine from Green Tea Extract.

L-Theanine can be used daily or just when you need to relax.*

L-Theanine from Suntheanine® supports relaxation without causing drowsiness.*

SUPPLEMENT FACTS

Available Bottle Size: 60
Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving	
L-Theanine (Suntheanine® brand)	200 mg

Other Ingredients: Microcrystalline Cellulose, Vegetarian Capsule (Hypromellose and Water)

Suggested Use: As a dietary supplement, take 1 capsule daily, or as directed by your healthcare practitioner.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suntheanine®

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This flyer was created on 12/16/2020 MM

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