



\*These statements have not been evaluated by the Food and Drug Administration  
These products are not intended to diagnose, treat, cure or prevent any disease.



## L-Theanine - 60c

### Relaxation and Stress Relief\*

**L-Theanine** is a naturally occurring, unique amino acid found in green tea leaves. NuMedica's 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.\*

**Serving Size: 1 Capsule**

**Servings Per Container: 60 (small) or 120 (large)**

#### 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.

