

L-THEANINE PLUS

relaxation and stress relief*



Life's Medicine

Serving Size: 1 Capsule

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

L-Theanine Plus is a naturally occurring, unique amino acid found in green tea leaves. 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.*

1 Capsule Contains:

L-Theanine† 200 mg

Other Ingredients: Rice flour, hydroxypropyl methylcellulose (vegetable capsule), microcrystalline cellulose, ascorbyl palmitate, silica.

Does Not Contain: 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 1-2 times per day or as directed by your healthcare practitioner.

