

reduce stress.  
promote relaxation.



## L-THEANINE PRO

### Health Benefits

- Supports proper stress management and relaxation without being sedated<sup>1, 3</sup>
- Promotes cognitive function
- Supports healthy blood pressure
- Attenuates sensitivity to stimulants<sup>2</sup>

### What is L-Theanine?

L-Theanine is a non-dietary amino acid first discovered as one of the constituents of green tea leaves. Upon ingestion, L-theanine readily crosses the blood-brain barrier and elicits a variety of therapeutic mental effects.

### L-THEANINE PRO Product Details

#### Supplement Facts

Serving Size: 1 Capsule    Servings Per Container: 60

Amount Per Serving	%DV
L-Theanine	200 mg †

†Daily Value has not been established.

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

No soy, wheat, milk, egg, starch, fish, shellfish, tree nuts, peanuts, artificial colors or preservatives.

The properties of L-theanine can be summed up as “alert relaxation” (i.e. being a relaxing agent without sedating you), making it superb for supporting stress relief and cognition. L-theanine may also help with sleep although it is not likely to induce sleep like TonicSea’s Melatonin products.

The relaxing and cognitive promoting properties of L-theanine (paired with the lack of sedation) make L-Theanine ideal for attenuating the high many stimulants can induce. For example, combination of L-Theanine with caffeine has been found to be synergistic in supporting cognition and attention.

## Benefits of L-Theanine Pro Supplementation

Thanks to its high bioavailability and simple uptake into the brain, supplementation with L-theanine has been shown to be effective for inducing a variety of psychologically beneficial properties, including stress support (relaxation) and promotion of cognitive function.<sup>1, 4</sup>

Research also suggests that L-theanine administration significantly increases alpha waves in the brain, without decreasing beta waves, thereby inducing relaxation without sedation. Alpha waves are one of the two most frequent types of waves produced in the brain when we are awake, with the other being beta waves.

People who are in a resting state or coming down from a busy set of activities are often in the alpha brain wave space. People who practice light meditation will also be functioning in the alpha brain level.

When we are highly involved, active, or engaged in difficult mental activities your brain waves are functioning at the beta level. Thus, when L-theanine is ingested, users tend to feel more calm but yet attentive.

## L-Theanine Pro Dosing Recommendations

Research suggests that 100mg to 200mg taken orally is effective for relaxation and cognitive support. L-Theanine Pro contains 200mg per serving/capsule and can be taken up to 4 times daily (or as directed by your healthcare practitioner).

## References

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5. Yokogoshi, H., Kato, Y., Sagesaka, Y. M., Takihara-Matsuura, T., Kakuda, T., & Takeuchi, N. (1995). Reduction effect of theanine on blood pressure and brain 5-hydroxyindoles in spontaneously hypertensive rats. *Bioscience, biotechnology, and biochemistry*, 59(4), 615-618.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or cure any disease or medical condition.