

TONICSEA™

BREATHE IN THE MOMENT

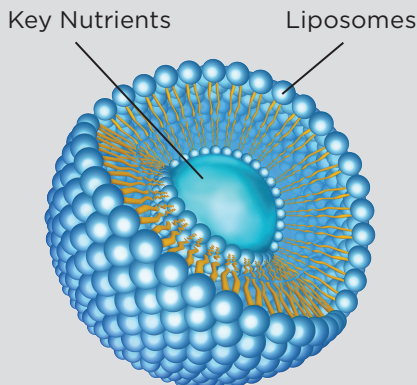
Liposomal L-Theanine

Natural Anxiety Relief*

Most people experience occasional anxiety. Forty million adults in the United States experience anxiety every year, and only 36% seek help.¹ One of the best ways to naturally support calm feelings is with L-Theanine, an amino acid found in green and black tea leaves.* TonicSea Liposomal L-Theanine is an easy-to-take, great-tasting supplement that helps ease anxiety and stress.* It is lightly sweetened with natural, no-calorie stevia leaf extract. Plus, the addition of chamomile further supports relaxation.* One study found long-term chamomile use effective in promoting calm feelings.*²

Improve Your Focus*

Most stress-relief and calming aids come with the unpleasant side effect of drowsiness. If you seek less stress and more clarity during the work day, L-Theanine is a useful supplement to keep on hand.* In 2019, a randomized, controlled study evaluated the impact of L-Theanine on cognitive function in healthy adults. After supplementing with L-Theanine, participants had improved scores in executive function and verbal fluency.³ In addition, another study found that L-Theanine may improve the quality of sleep because of its ability to relax the body, without contributing to daytime drowsiness.*⁴



What Is Liposomal Technology?

Liposomes are double-layered spheres or “bubbles” that contain nutrients that are able to withstand harsh digestive elements to deliver targeted nutrients to precise areas of the body. The efficient delivery method used by liposomal products allows dosages to be significantly reduced compared to traditional dosages while still maintaining effectiveness.

TonicSea liposomal supplements use phospholipids from sunflower lecithin, making the products soy-free and non-GMO. Glycerin (a natural product of fat metabolism) is also used to extend the stability and shelf life of the liposomes.

** 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.*

How to Use:

Shake well. Take 2 droppers 1-2 times per day. May be mixed with water or as directed by your healthcare practitioner.



30 Servings

Supplement Facts

Serving Size: 2 Full Droppers (2 mL)
Servings Per Container: 30

	Amount Per Serving	%DV**
L-Theanine†	200 mg	**
Chamomile Extract (Flower; <i>Matricaria recutita</i>)	40 mg	**
Stevia Extract (Leaf; <i>Stevia rebaudiana</i>)	12.5 mg	**

**Daily Value (DV) not established.

†Suntheanine® brand L-Theanine is a registered trademark of Taiyo International, Inc.

Other Ingredients: Steam Distilled Water, Glycerin, Natural Lemon Flavor, Gum Acacia, Lecithin (Sunflower).

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stress
support*



vegetarian



gluten
free



dairy
free



non
gmo

cGMP

All TonicSea formulas
meet or exceed
cGMP quality standards



Features & Benefits Key Ingredients

Promotes calm feelings*

Supports mental focus*

Supports cognitive function*

Increases executive function*

Liposomal delivery

L-Theanine: A naturally occurring amino acid found in green and black tea leaves.

Chamomile Extract: An herb traditionally used for promoting calm and relaxation.*

Stevia Leaf Extract: A natural sugar substitute that contains no carbohydrates, calories, or artificial ingredients.

The TonicSea Difference

Don't let stress get you down. Restore your mood and unwind naturally with a calming agent that won't make you drowsy.* Liposomal L-Theanine by TonicSea can help you feel steady, relaxed, and calm.* TonicSea works to discover new ways to deliver key nutrients, and our liposomal delivery system ensures that you receive the nutrients you need.

Caution: Keep out of reach of children. Consult your healthcare practitioner prior to use if you are pregnant, nursing, taking medications, or have any health concerns.

Storage: Keep tightly closed in a cool, dry place.

1. <https://adaa.org/about-adaa/press-room/facts-statistics>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5646235/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6836118/>
4. <https://www.ncbi.nlm.nih.gov/pubmed/25759004>

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