



L-THEANINE

PHARMACEUTICAL GRADE
PURETHEANINE™

-
- » Promotes Relaxation (non-drowsy)
 - » Improves Mood
 - » Improves Mental Focus
 - » Improves Sleep Quality
 - » Takes Away Caffeine “Jitters”
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L-THEANINE PURETHEANINE™

- » Pharmaceutical Grade L-Theanine
- » Fast Absorption Formula
- » Vegetarian Capsules
- » Zero fillers or stearates
- » 100% PureTheanine™

WHAT IS L-THEANINE?

L-Theanine is an extremely powerful, unique, and fast acting amino acid. It's found naturally in the leaves of green tea. It's the reason tea feels much less "jittery" and more calming than coffee does, even after accounting for the caffeine differences.

A cup of green tea has only about 15 to 20 mg of L-Theanine, and even in that small dosage the effects are very real.

L-Theanine is not to be confused with green tea extract. The L-Theanine we use is a special pharmaceutical grade, extremely pure white powder.

We provide a full 250 mg of pure L-Theanine in each capsule, roughly 12 times the amount found in a cup of green tea.



WHAT'S IN THE BOTTLE?

- » 100% PureTheanine™ (250 mg per capsule)
- » Manufactured in Canadian GMP facility
- » Zero fillers, Zero Magnesium Stearate
- » Vegetarian Capsules

INGREDIENT	STANDARDIZED	QUANTITY PER CAP (MG)
L-Theanine	Pharmaceutical Grade	250

Non-medincinal Ingredients: Hypromellose

Dosage: 1 capsule per day or as recommended by your health care practitioner



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HOW DOES L-THEANINE WORK?

L-Theanine is used for many things, but its best known for its stress and anxiety reducing properties. L-Theanine reduces blood pressure and other physiological stress signals during stressful situations.

» Many anxiolytic (anti-anxiety) medications cause extreme drowsiness as a major side effect. L-Theanine, however, is unique in that it's able to reduce anxiety without causing drowsiness. It does this by increasing alpha brain wave activity, which is high during peak states of deep meditation and during REM sleep. The increased alpha brain wave activity provides a calm sense of “relaxed wakefulness”.

Powerful benzodiazepine medications like Valium®, Xanax®, and Ativan® work by increasing the effectiveness of GABA, the body's main inhibitory neurotransmitter. L-Theanine also appears to increase the effectiveness of GABA.

L-THEANINE IS A NATURAL ANTI-ANXIETY SUPPLEMENT. IT'S NON-DROWSY AND FAST-ACTING. IT PROVIDES A PLEASANT “ZEN LIKE” CALMING SENSATION WHILE HELPING TO IMPROVE YOUR MENTAL FOCUS.



CLINICALLY PROVEN BENEFITS OF L-THEANINE

- ✓ Reducing stress and anxiety (non-drowsy)
- ✓ Improving mood
- ✓ Improving mental focus and concentration
- ✓ Improving the quality of sleep
- ✓ Synergistically combines with caffeine for calm, sharp, mental focus



SCIENTIFIC STUDIES ON L-THEANINE

L-THEANINE AND CAFFEINE

Several recent scientific studies have examined the synergy of the L-Theanine plus caffeine combination.

The studies in aggregate have shown that the combination can speed up reaction time, sharpen mental focus, and help with multitasking better than for either supplement taken in isolation. This combo also improves mood, increases “alertness”, and improves speed and accuracy on several cognitive tasks.

So try taking L-Theanine along with your morning coffee to sharpen your mind, calm your “caffeine jitters”, and give yourself a peak mental state. It’s a great way to start a highly productive day.



L-THEANINE AND RELAXATION

A study published in Wiley InterScience showed that L-Theanine was actually better than both a placebo and Alprazolam (anti-anxiety medication - tradename Xanax®) at inducing feelings of relaxation.

L-THEANINE AND ANTI-STRESS

A study published in ScienceDirect looked at L-Theanine’s ability to inhibit the stress response. Subjects were asked to perform a complex mental mathematical task. The L-Theanine group showed both a lower heart rate and lower salivary immunoglobulin A than the placebo group, thus indicating that L-Theanine is effective at actually reducing the physiological stress response.



FOR MORE INFORMATION, **SIMPLY SCAN THE QR CODE HERE,**
OR ON OUR L-THEANINE BOTTLES.

YOU CAN ALSO VISIT
WWW.88HERBS.COM/L-THEANINE





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