

#### PRODUCT INFORMATION:

One capsule typically provides:  
Theanine 100mg

#### INGREDIENTS:

L-theanine, capsule: hydroxypropyl methylcellulose\*; bulking agent: cellulose; anti-caking agent: silicon dioxide; anti-caking agent: magnesium stearate\*.

\*(vegetarian source)

#### DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, soya, starch, sugar, wheat, yeast.

Suitable for vegetarians and vegans.  
This product is not tested on animals.

# higher nature®



## THEANINE ALSO IN GREEN TEA

ULTIMATE NUTRITION

FOOD SUPPLEMENT

30  
capsules

## THEANINE

- ✓ Theanine is an amino acid found in green tea.
- ✓ Helps promote GABA, a brain neurotransmitter involved in relaxation.

#### DIRECTIONS:

Adults take 1-2 capsules a day, children over 8 years, 1 capsule a day, between meals, or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

#### STORAGE:

Store in a cool, dry, steam free environment out of reach of children.



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