

USAGE: Take 1 capsule 1 or 2 times per day with water or juice on an empty stomach or as directed by your qualified healthcare professional.

NOTE: Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

Theanine is a unique amino acid found almost exclusively in green tea that exerts beneficial effects on brain metabolism.* Theanine induces relaxation without causing drowsiness, as measured by increased generation of alpha-waves.* Theanine may improve sensations of pleasure by affecting dopamine and serotonin neurotransmitters in the brain.*

Keep out of the reach of children.
Store in a cool, dry place.

*** 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.**

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Lot #. Best Used Before:

Jarrow
FORMULAS

Theanine 100

Neurologically-Active
Amino Acid
Promotes Relaxation*

100 MG

60 VEGGIE CAPS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving
L-Theanine	100 mg †
† Daily Value (DV) not established.	

Other Ingredients: Vegetarian capsule (hydroxypropylmethylcellulose, water), cellulose, magnesium stearate (vegetable source) and silicon dioxide.
Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317 • 1-866-459-4154
No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.



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