



L-Theanine Pro

Support for Cognitive Health*

L-theanine, an amino acid primarily found in green tea (*Camellia sinensis*) leaves, has been extensively studied for its physiological effects. When ingested, L-theanine readily crosses the blood-brain barrier and acts upon the central nervous system without causing sedation or dependence.*^{1,2} Its unique mechanism of action primarily involves modulating neurotransmitters, resulting in a range of cognitive and psychophysiological benefits.*^{3,4}

How L-Theanine Pro Works

Promotes Relaxation and Healthy Stress Response:

L-theanine has gained widespread recognition for its ability to promote relaxation and healthy stress response without inducing drowsiness.*⁵ It achieves this by stimulating the production of alpha waves in the brain, which are associated with a calm and focused mental state.*^{6,7} By modulating neurotransmitters such as gamma-aminobutyric acid, serotonin, and dopamine, L-Theanine Pro helps promote healthy and balanced moods while also supporting healthy stress responses.*⁸

Enhances Mental Performance and Focus: Studies have consistently demonstrated L-theanine's positive impact on cognitive function.*⁹ L-Theanine Pro helps support attention span, focus, and mental clarity by promoting alpha brain wave activity.*¹⁰ Furthermore, it has been shown to enhance memory and learning capabilities, making it an invaluable aid in promoting optimal brain performance.*¹¹

Supports Sleep Quality: Restful sleep is vital for overall well-being, and L-theanine plays a crucial role in promoting healthy sleep patterns.*¹² By promoting calmness and inducing relaxation, L-Theanine Pro helps individuals achieve a more tranquil state before bedtime.*¹³ Additionally, L-theanine has been observed to improve sleep quality by increasing sleep efficiency and reducing nocturnal disturbances.*¹⁴

Antioxidant Support: By increasing antioxidant activity and mitigating oxidative stress, L-Theanine Pro helps protect neurons from damage caused by free radicals and other harmful substances.*^{15,16} Its potential neuroprotective effects make it a compelling supplement for individuals concerned about long-term brain health.*^{17,18}

L-Theanine Pro Supplementation

With its well-documented effects on mental performance and stress management, L-theanine has gained significant recognition as a safe and effective compound for supporting cognitive wellness.* L-Theanine Pro is valuable to any comprehensive approach to support stress management and promote cognitive enhancement.*



Form: 60 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
L-Theanine	200 mg	*

Other Ingredients:

Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, silica.

Directions:

Take one capsule twice daily or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A
cGMP FACILITY

* 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.

Supplementation with L-Theanine Pro may include these additional benefits:

- Supports optimal brain function*
- Supports healthy cognitive function*
- Promotes relaxation*
- Promotes healthy stress response*
- Supports healthy and balanced moods*
- Promotes healthy sleep patterns*
- Provides antioxidant support*

References:

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