



Helps moderate stress and promotes a sense of calm and relaxation without drowsiness

APPLICATIONS / BENEFITS

- Supports emotional well-being
- Eases occasional nervous tension and irritability
- Supports healthy stress response
- Promotes positive mood and relaxation

OVERVIEW

L-Theanine is a naturally occurring amino acid found almost exclusively in the green tea plant (*Camellia sinensis*) that produces beneficial effects on the brain and nervous system. Tea leaves have been used in traditional medicine as an agent to rejuvenate, relax, enhance the ability to think, and change mood.

Without causing daytime drowsiness, theanine helps promote a calm, relaxed state. It has been shown to stimulate alpha wave production in the occipital and parietal regions of the brain, creating a state of deep relaxation and mental alertness similar to what is achieved through meditation. Alpha activity is known to play an important role in critical aspects of attention. Additionally, L-theanine can enhance the production of the neurotransmitters dopamine and serotonin and appears to play a role in the formation of GABA – a neurotransmitter that reduces neuronal excitability throughout the nervous system and promotes a calming response to stress.

In addition to anti-stress effects demonstrated by L-theanine, studies also point to L-theanine's effect in supporting concentration and in counteracting the negative stimulant side effects from caffeine. It has also demonstrated positive effects on various aspects of sleep quality.

Patient One supplies 200 mg of Suntheanine® brand L-Theanine, a dose supported by clinical research. Suntheanine is a high-purity, L-isomer-specific L-Theanine produced via a patented enzymatic

fermentation process. It has been found to be most effective in the range of 50-200 mg and its effects are typically exhibited within 30-40 minutes of consumption.

RESEARCH

Increase in Alpha Activity across Time in the L-theanine Condition:

16 participants were assigned to the L-theanine group and 19 to the control group. The control solution was 100 ml of cool potable water and the L-theanine solution was prepared by dissolving 0.5 mg powdered L-theanine per Kg participant body weight in a tea infusion (total L-th

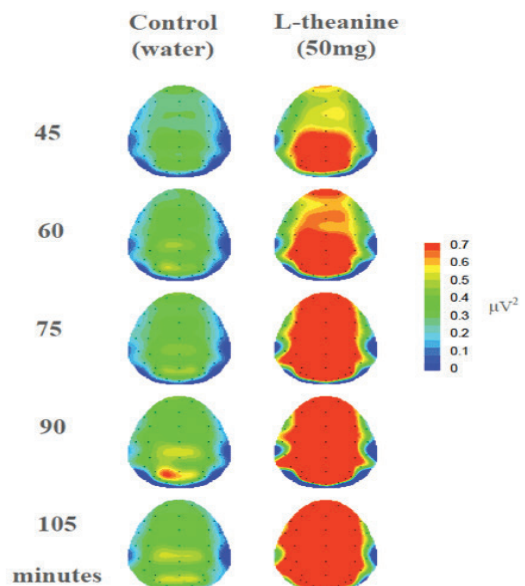


Figure 1. Average power plotted on a schematic top-view of the scalp for *L-theanine* and *control* at five successive times after ingestion. Activity was higher in the *L-theanine* group than in the *control* for alpha-1 ($p < 0.05$).

Source: Anna C Nobre PhD, Anling Rao PhD and Gail N Owen PhD. L-theanine, a natural constituent in tea, and its effect on mental state. *Asia Pac J Clin Nutr* 2008;17 (S1):167-168.

- In a study of mental responses to L-theanine, brain wave topography showed that alpha waves were observed from the back to the top of a person's head (occipital and parietal regions of the brain) within approximately 40 minutes after the subjects had taken either 50 or 200 mg of L-theanine.

- A double-blind, placebo-controlled study showed that L-theanine intake resulted in a reduction in heart rate and salivary immunoglobulin A responses to an acute stress task relative to the placebo-control condition. Moreover, analyses of heart rate variability indicated that the reductions were likely attributable to an attenuation of sympathetic nervous activation.

- A randomized, double-blind, placebo-controlled clinical trial demonstrated that 400 mg daily of Suntheanine was effective in improving sleep quality in boys diagnosed with ADHD.

- A review of studies suggests that caffeinated tea, when ingested at regular intervals, may maintain alertness, focused attention, and accuracy and may modulate the more acute effects of higher doses of caffeine. These findings concur with the neurochemical effects of L-theanine on the brain. L-theanine may interact with caffeine to enhance performance in terms of attention switching and the ability to ignore distraction.

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Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

Amount Per Serving

L-Theanine (Suntheanine®)	200 mg*
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* Daily Value not established

Other Ingredients: rice flour, vegetable cellulose (capsule), calcium palmitate

Free of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 1 capsule daily, preferably between meals, or as directed by your health practitioner. Store in a cool, dry place.

Caution: If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

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Gluten Free

Non-GMO

Vegetable Caps

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