

# Theanine & Lemon Balm Complex

With Pantothenic Acid

## Presentation

A yellow oval coated tablet.

### Two tablets deliver:

Folic Acid	200µg
Pantothenic Acid (Vitamin B5)	6mg
Biotin	50µg
L-Theanine	200mg
Lemon Balm	6000mg
(provided by 600mg of a 10:1 extract)	

### Tableted with:

Calcium Carbonate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Hydroxypropyl Cellulose, Colours: Titanium Dioxide & Iron Oxides, Capric Caprylic Triglyceride), Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Crosslinked Cellulose Gum.

**Disintegration time:** Less than 1 hour.

**Suitable for vegetarians**  **and vegans** 

quantity  
60

type  
tablets

code  
8317



## Uses

L-Theanine is a fascinating amino acid that is present in normal tea and is believed to be responsible for that unique 'nice cup of tea' feeling. It has been shown to raise levels of GABA and alpha waves in the brain and this can result in a calming effect without drowsiness. As a result, L-Theanine is widely recommended by practitioners for those during times of stress and anxiety.

Lemon balm has a long history of use in traditional herbal medicine, primarily as a sedative and relaxant, with recent studies also showing it to be useful for improving attention and memory.

Lamberts® Theanine & Lemon Balm Complex combines a full 200mg of L-Theanine alongside a significant 6000mg of lemon balm plus three relevant B vitamins. Folic acid and biotin are both included in view of the fact that they contribute to normal psychological functions and pantothenic acid as it contributes to normal mental performance.

### Usage and administration

2 tablets daily.

### Allergen advice

None (see page 194).

### Cautions

This product is not recommended for pregnant or lactating women.

### Storage instructions

Store in a cool dry place and protected from sunlight.

### Legal category

Food supplement.

