

NEW

# L-THEANINE

## 250mg

### P400



VEGAN

VEGETARIAN

L-Theanine is an amino acid found in tea leaves that can help to support relaxation, both in the evening and the daytime as it does not have a sedative effect. It can also help to improve sleep quality and have a positive effect on memory.

### Product Information:

60 capsules = 30-60 days supply

### Suitable for:

Men and women

### Form:

Capsule



### L-Theanine

1 capsule provides on average:

Active Nutrient	Strength	%NRV+
L-Theanine	250mg	*

+NRV = Nutrient Reference Value

\* Indicates no NRV

**Ingredients:** L-Theanine, microcrystalline cellulose, stearic acid, hydroxypropyl methylcellulose (capsule shell).

**Suggested Intake:** 1-2 capsules daily taken on an empty stomach, as a food supplement or as directed by a practitioner.

**Allergen Advice:** None.

**Contraindications:** If you are pregnant, breastfeeding or taking any medication please check with your doctor or practitioner before taking this product.

**Storage:** Keep cool, dry & out of direct sunlight.

