

# L-THEANINE

**L-Theanine is a dietary supplement that helps promote a restful state.\***

**Recommended for:**

- Stress Management\*
- Relaxation\*
- Reducing irritability\*

**About L-Theanine**

- **L-Theanine** is a naturally occurring amino acid found in green tea and is a derivative of glutamic acid, a major neurotransmitter in the brain.
- **L-Theanine** is known for its calming effects in the brain and has been shown to support concentration and focus while it reduces irritability and low mood states.\* It directly stimulates production of alpha brain waves, giving the body a sense of deep relaxation and mental alertness without drowsiness.\*
- **L-Theanine** enables the body to produce other calming amino acids, such as dopamine, GABA and Tryptophan and helps with concentration, focus, deep muscle relaxation and improved quality sleep.\*
- **L-Theanine** has been shown to also help the regulation of blood pressure within normal ranges.\* L-Theanine produces beneficial effects on the nervous and cardiovascular systems.\*
- **L-Theanine** from DaVinci<sup>®</sup> Laboratories is Suntheanine<sup>®</sup> brand from Taiyo International, Inc. which has been extensively researched. Research studies on Suntheanine<sup>®</sup> include reducing stress and irritability, promoting relaxation, sleep quality, learning and concentration.\*

- Suntheanine<sup>®</sup> brand L-Theanine is structurally identical to the L -Theanine compound naturally found in green tea. It should be noted however, that all research mentioned was conducted using Suntheanine<sup>®</sup> brand and not L-Theanine from Green Tea Extract.
- **L-Theanine** can be used daily or just when you need to relax.\*
- **L-Theanine** from Suntheanine<sup>®</sup> supports relaxation without causing drowsiness.\*

**Suggested Use:** As a dietary supplement, take one capsule daily, or as directed by your healthcare practitioner.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 30 or 60 or 120

Amount Per Serving	% Daily Value
L-Theanine (Suntheanine <sup>®</sup> brand) 200 mg	*

\*Daily Value not established.

Other ingredients: microcrystalline cellulose, vegetable cellulose (capsule), vegetarian leucine.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suntheanine<sup>®</sup> L-Theanine is patented and licensed by Taiyo International, Inc.

VEGETARIAN / GLUTEN FREE

\*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.

© 2023, DaVinci<sup>®</sup> Laboratories. All rights reserved. DaVinci<sup>®</sup> is a registered trademark of FoodScience<sup>®</sup> LLC in the United States and other countries.

**WEB:** [www.davincilabs.com](http://www.davincilabs.com) **E-MAIL:** [info@davincilabs.com](mailto:info@davincilabs.com) **PHONE:** 1-800-325-1776 **FAX:** 1-802-878-0549

0200132.030  
0200132.060  
0200132.120  
0323