

LIPOSOMAL L-THEANINE

Liposomal L-Theanine is recommended for:

- Promoting calm and relaxation
- A good night's sleep
- Supporting mental focus and alertness
- A healthy response to stress
- Balancing neurotransmitters involved in relaxed behavior
- Reducing irritability*

The Best Part of Green Tea

Liposomal L-Theanine is an all-natural solution for anyone who needs help relaxing and maintaining a peaceful state even during the most stressful of times. The primary inclusion is L-Theanine, a component of green tea that helps settle the brain. This amino acid balances brain chemicals, specifically by supporting inhibitory neurotransmitters, important for calm behavior. L-Theanine also triggers the production of alpha brain waves, which promote deep relaxation and mental alertness—without causing drowsiness.

Unmatched Stress Support

L-Theanine also boosts levels of other calming amino acids such as dopamine, GABA, and tryptophan. The result? Less irritability and more peace around your house.* What's more, L-Theanine promotes a healthy response to stress, and because it stops racing thoughts that interfere with a good night's sleep, L-Theanine is also great for helping you fall asleep more easily and staying asleep throughout the night.*

The potential benefits of L-theanine were demonstrated in a study published in Nutrient Journal in 2016 where the primary outcome measure, subjective stress response to a multitasking cognitive stressor, was significantly reduced one hour after administration of L-theanine treatment when compared to placebo.¹ The salivary cortisol response to the stressor was reduced three hours post-dose following active treatment.

Research has also shown L-theanine to support Alpha brain activity² (Asia Pac J Clin Nutr. 2008), which is said to play a vital role in enhanced brain functionality as well as mood support and behavior.

Powered By Liposomal Technology

A liposomal liquid spray delivery system allows for flexible, convenient L-Theanine, that can be easily adjusted to meet individual requirements. Liposomal technology helps to maintain the health benefits of this amino acid by protecting it from the degradative environment of the stomach. This is especially beneficial for patients who have had gastric bypass or have

general gastro-intestinal dysfunction.* Liposomal encapsulation of ingredients represents a novel delivery system that appears to offer important advantages over existing methods of delivery, including protection and speed of absorption.

Suggested Use: As a dietary supplement, hold nozzle 1" from mouth, spray three times and swallow. Use once daily or as directed by your healthcare practitioner. Shake well before each use.

Supplement Facts

Serving Size 0.6 ml (3 sprays)
Servings Per Container 50

Amount Per Serving % Daily Value

Total Carbohydrates <1 g 0%†

Green Tea (*Camellia sinensis*)

Leaf Extract 102 mg *

Yielding L-Theanine 100 mg

Stevia Leaf Extract 0.6 mg *

†Percent Daily Values are based on a 2,000-calorie diet.

*Daily value not established

Other Ingredients: glycerin, water, oleic acid polyglyceride, sunflower lecithin, natural fruit punch flavor, xanthan gum, potassium citrate, rosmarinic acid, mixed tocopherols.

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

VEGETARIAN / GLUTEN FREE / SOY FREE / DAIRY FREE

¹White, D. J., de Klerk, S., Woods, W., Gondalia, S., Noonan, C., & Scholey, A. B. (2016). Anti-Stress, Behavioural and Magnetoencephalography Effects of an L-Theanine-Based Nutrient Drink: A Randomised, Double-Blind, Placebo-Controlled, Crossover Trial. *Nutrients*, 8(1), 53. doi:10.3390/nu8010053

²Nobre, A. C., Rao, A., & Owen, G. N. (2008). L-theanine, a natural constituent in tea, and its effect on mental state. *Asia Pacific Journal Of Clinical Nutrition*, 17 Suppl 1, 167–168. Retrieved from <http://search.ebscohost.com/login.aspx?direct=true&db=mdc&AN=18296328&site=ehost-live>

*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.