



Code: 9282U

Size: 90 Chewable Tablets

Actual Size: 19.16 mm diameter



Calm-Pro®

The Green Tea Serenity Factor Tropical Breeze – 100 mg

- Helps support a feeling of serenity and relaxation without drowsiness, which may also support quality of sleep.*
- Offers Suntheanine® L-Theanine, produced via a patented enzymatic process resulting in 100% pure L-isomer theanine.
- L-theanine helps support alpha brain waves, a relaxed but alert mental state, which can help support learning performance and concentration.*
- Tropical fruit-flavored chewable tablets.*

PRODUCT SUMMARY

L-theanine, an amino acid found naturally in tea, may support the production of alpha brain waves and help maintain a calm mood.* Alpha waves are associated with an awake-relaxed state, as opposed to beta waves, which are associated with feelings of restlessness and nervousness.^{1,2} L-theanine may help support relaxation in the midst of occasional stress, as alpha waves are indicative of a relaxation state.*^{1,2}

L-theanine may help maintain levels of the neurotransmitters dopamine, serotonin, norepinephrine, and glutamate that are already within the normal range, and is also metabolized into gamma-aminobutyric acid (GABA), a neurotransmitter that may help support relaxation and memory.³

L-theanine can help temporarily promote relaxation and improve feelings of stress. In one study, a group of 50 female subjects, aged 18–22 years, were divided into a high-anxiety and a low-anxiety group. They received either water (as a control) or a solution containing 50 mg or 200 mg of L-theanine, and their brain waves were measured for 60 minutes afterward. Compared to controls, the group receiving 200 mg of L-theanine had a significant increase in alpha brain waves, indicating a relaxation effect.² Similar results were seen in another clinical trial where 35 healthy young volunteers received 50 mg of L-theanine and had elevated alpha brain wave activity for 105 minutes afterward.¹



Supplement Facts

Serving Size 2 Tablets
 Servings Per Container 45

	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	4 g	1%‡
Total Sugars	3 g	**
Includes 3 g Added Sugars		6%‡
Suntheanine® L-Theanine	200 mg	**

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

** Daily Value not established.

Other ingredients: Organic cane sugar, xylitol, stearic acid, silica, natural tropical flavor, citric acid, magnesium stearate (vegetable grade).

Serving Size: 2 tablets

Servings Per Container: 45

Suggested Usage: Chew 1–2 tablets 3 times per day or as directed by a health care professional.

Caution: Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

Drug Interactions: L-theanine may potentiate the effect of antihypertensives in some individuals.*

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, wheat, gluten, yeast, soy, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection.

Do not use if seal is broken. For freshness, store in a cool, dry place.

References

1. Nobre, A.C., Rao, A., Owen, G.N. (2008). *Asian Pacific Journal of Clinical Nutrition*, 17 Suppl 1, 167-168.
2. Juneja, L.R., Chu, D., Okubo, T., et al. (1999). *Trends in Food Science & Technology*, 10, 199-204.
3. Rao, T.P., Ozeki, M., & Juneja, L.R. (2015). *Journal of the American College of Nutrition*, 34(5), 436-447.



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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 Manufactured for and distributed
 by Bioclinic Naturals® U.S.
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