



Calm-Pro®

L-Theanine · Tropical Breeze · 100 mg

- Reduces stress and anxiety, restoring a calm mental state
- Contains Suntheanine®, a pure form of L-theanine, produced via a patented enzymatic process resulting in 100% pure L-isomer theanine
- Suntheanine is the most clinically studied L-theanine
- Delicious tropical fruit-flavoured chewable tablets

Code: 9282 **NPN:** 80020918
Size: 90 Chewable Tablets
Actual Size: 19.16 mm diameter



PRODUCT SUMMARY

L-theanine is an amino acid found naturally in tea. It has been shown to exert a calming effect on the brain, triggering the production of alpha brain waves associated with an awake-relaxed state, and decreasing beta brain waves associated with feelings of restlessness and nervousness. L-theanine influences levels of the neurotransmitters dopamine, serotonin, norepinephrine, and glutamate, and is also metabolized into gamma-aminobutyric acid (GABA), a neurotransmitter that is key to relaxation and memory.

L-theanine can help to 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 afterwards. Compared to controls, the group receiving 200 mg of L-theanine had a significant increase in alpha brain waves, indicating a relaxation effect. 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 afterwards.



CALM-PRO®
L-THEANINE · TROPICAL BREEZE · 100 MG

Serving Size: 2 Chewable Tablets

Servings Per Container: 45

Each Tablet Contains:

Suntheanine® L-Theanine 100 mg

Non-medicinal Ingredients: Organic cane juice, stearic acid, xylitol, silica, natural flavours, citric acid, vegetable grade magnesium stearate (lubricant).

Recommended Adult Dose: Chew 2 tablets per day or as directed by a health care practitioner. Keep out of reach of children.

Recommended Use: Helps to temporarily promote relaxation.

Contraindications: While no specific contraindication exists or is predicted, data is lacking for use during pregnancy and lactation, and in children; the dosage may need to be reduced for those younger than 18.

Drug Interactions: L-theanine is known to have a hypotensive effect in some individuals, and concomitant use of antihypertensive drugs may potentiate their activity.

Contains no artificial colours, 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 available at bioclinicnaturals.com



· 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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Bioclinic Naturals® Canada
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