

L-Theanine 250 mg – Free Form Amino Acid

About L-Theanine

- Found in green tea, L-theanine is a naturally occurring amino acid that helps to temporarily promote relaxation without causing drowsiness.
- Up to 68% of Canadians report feeling everyday stress¹, and inadequate stress management can have negative effects on performance and health.² L-theanine can be used for support during daily stress, along with other healthy lifestyle choices.
- Research suggests that L-theanine helps increase levels and activity of the calming neurotransmitters gamma-aminobutyric acid (GABA) and glycine and helps decrease the activity of the excitatory neurotransmitter glutamate.³
- Clinical studies show that L-theanine may be used in a daily dose of 200–400 mg to help reduce both psychological and physiological signs of stress.²
- L-theanine helps to temporarily promote relaxation by enhancing alpha brainwave activity, making it easier to fall and stay asleep.^{3,4}

How to Use L-Theanine

- Adults: Take 1 capsule per day or as directed by a health care practitioner.

Cautions and Contraindications

- Avoid use in pregnancy and breastfeeding because of insufficient safety evidence.
- Keep out of reach of children.

Drug Interactions

- Theanine may have additive effects with antihypertensive medications.⁵
- Theanine may increase the uptake of certain types of chemotherapy drugs like doxorubicin.⁶

Quick Tips for Optimal Health

- Ensure adequate sleep. Getting only four hours of sleep, instead of eight hours, increases the stress hormone cortisol by 37% the next day.⁷
- Manage your stress. Excess stress of any type can reduce your immunity by 50%.⁸
- Listen to music. Exposure to music, instead of just resting, can have big benefits in reducing excess stress.⁹
- Exercise. Regular exercise is associated with emotional resilience to acute stress in healthy adults.¹⁰
- Cut down salt. Reducing your salt intake helps improve your day-to-day mood.¹¹
- Get a massage. In a high-stress job, 15 minutes of a gentle back massage per week helps reduce both physical and mental stress.¹²

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

References

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