


L-Theanine




200 mg =
1 level scoop

For extemporaneous compounding only

OVERVIEW

- > Designs for Health L-Theanine is a 100% pure, easy to dissolve, excipient free, tasteless and colourless powder.
- > L-Theanine is a non-protein bound, free amino acid that is similar in chemical structure to glutamic acid. It can be found in such food sources as green and black tea and mushrooms.^{1,2,3}
- > L-Theanine is the predominant isomer in green tea making up around 1-3% of the dry weight of tea leaves. It also accounts for around 50% of the total amino acid profile of green tea and is responsible for the unique flavour. When exposed to sunlight, Theanine in tea leaves is converted to polyphenols. Plants grown out of direct sunlight therefore are naturally higher in theanine.²
- > The absorption site for L-Theanine is the small intestine and peak concentration is reached within around 50 minutes. Once absorbed, L-Theanine is broken down to glutamic acid and ethylamine.¹
- > Doses used in research range from 200-400 mg daily for 4-8 weeks.¹

Active Ingredients (per scoop)

One level scoop provides 200 mg L-Theanine

Pack Size

50 g (scoop enclosed)

Scoop Size

200 mg per level scoop

Does Per Tub

125 - 250 doses per tub

Excipients

Excipient free

Directions for Use

Please use as directed by your health practitioner.
For extemporaneous compounding only.

Allergen Information

No added: gluten, dairy, lactose, soy or nuts.

Prescribing Information:

Contraindications: Pregnancy and lactation.

Cautions:

- L-Theanine is generally well tolerated and has been used safely in clinical research settings at doses up to 900 mg daily for 8 weeks.
- Theanine may cause drowsiness. Avoid use when driving or operating heavy machinery.
- Theanine may lower blood pressure and potentiate the effects of hypotensive medications.

Warnings

If symptoms persist, talk to your health professional.
Dietary supplements should not replace a balanced diet.



No Added
Gluten



Free From
Excipients and
Flavours



GMO-Free



Vegan Friendly



No Added
Dairy



No Added
Soy

References supplied on request.

