

**SUGGESTED USE** Consume one capsule daily. You can increase your intake as required or as guided by your physician. **For questions about the use of this product call 800.800.1200.**

**Since 1979, Unsurpassed Purity, Quality and Efficacy.**

**100% SOLAR PRODUCTION  
ZERO-CARBON FOOTPRINT**

**PROCAPS**

**QUESTIONS? REORDERS?**

**800.800.1200 PROCAPS.COM**

**Manufactured by ProCaps Labs  
Henderson, NV 89011**

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Dietary Supplement



**360 EASY-TO-SWALLOW CAPSULES**



ANDREW LESSMAN

**PROCAPS**



# THEANINE

200 mg of Soothing Theanine  
Calm Relaxed Focus – Naturally



**THEANINE** provides 200 mg of pure theanine – one of the most uniquely beneficial and unusual of amino acids. First of all, unlike other amino acids, theanine is not a building block of protein, but is almost exclusively found in the tea plant (*Camellia sinensis*) where it accounts for both its distinctive flavor, as well as its unique calming properties. Plus, because theanine can cross the blood brain barrier, it can deliver its beneficial properties directly to the brain and nervous system. Theanine has been shown to enhance alpha brain-wave activity, which is associated with a relaxed, but still focused and alert state. Theanine promotes the production of the neurotransmitters dopamine and serotonin, which support relaxation and calm. The observation that the caffeine in green tea is less intense than that of coffee results from green tea's abundance of theanine. In fact, theanine is often used to reduce the uncomfortable effects of caffeine and to support a relaxed state. Theanine can also help to diminish perceived stress and tension while promoting calm attention and focus. In short, **Theanine** naturally supports the brain and its neurotransmitters promoting calm, relaxed focus without drowsiness.

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.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS**

## Supplement Facts

**Serving Size 1 Capsule Servings Per Container 360**

**Amount Per Serving**

<b>L-Theanine</b>	<b>200 mg †</b>
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† Daily Value not established.

Other Ingredients: Natural plant cellulose vegetarian capsule.

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.