



# I-Theanine

## INTRODUCED 2005

### What Is It?

I-Theanine is a natural component of green tea that is responsible for its characteristic taste. I-Theanine is also believed to be the component in green tea responsible for its relaxation effects.\*

### Uses For I-Theanine

**Relaxation Support:** Preliminary clinical evidence shows an increase in alpha brain wave activity after theanine administration. Alpha waves are an indication of an alert/relaxed mental state.\*

**Premenstrual Support:** In a clinical test, theanine provided both mental and physical support for women, including moderation of occasional irritability and stress.\*

**Nervous System Support:** I-Theanine moderates the effects of caffeine on the central nervous system. It has also been shown to support healthy neurotransmitter function.\*

### What Is The Source?

I-Theanine is the most abundant free-form amino acid found in tea leaves. Suntheanine® I-Theanine is produced from enzymatic fermentation. Hypo-allergenic plant fiber is derived from pine cellulose.

Suntheanine® is a registered trademark of Taiyo International, Inc.

### Recommendations

Pure Encapsulations recommends 1-6 capsules daily, in divided doses, between meals. Each capsule contains 200 mg I-theanine.

### Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Higher doses in some people may cause drowsiness; however lower doses are not associated with this effect.

### Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

#### I-Theanine

each vegetable capsule contains  v 2

I-theanine..... 200 mg  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

1-6 capsules per day, in divided doses, between meals.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

