

L-Theanine Pro

Support for Cognitive Health*

L-Theanine Pro Supplementation

L-theanine, an amino acid primarily found in green tea (*Camellia sinensis*) leaves, has been extensively studied for its physiological effects. When ingested, L-theanine readily crosses the blood-brain barrier and acts upon the central nervous system without causing sedation or dependence.*^{1,2} Its unique mechanism of action primarily involves modulating neurotransmitters, resulting in a range of cognitive and psychophysiological benefits.*^{3,4}

With its well-documented effects on mental performance and stress management, L-theanine has gained significant recognition as a safe and effective compound for supporting cognitive wellness.* L-Theanine Pro is valuable to any comprehensive approach to support stress management and promote cognitive enhancement.*

Supplementation with L-Theanine Pro may include these additional benefits:

- Supports optimal brain function*
- Supports healthy cognitive function*
- Promotes relaxation*
- Promotes healthy stress response*
- Supports healthy and balanced moods*
- Promotes healthy sleep patterns*
- Provides antioxidant support*

How L-Theanine Pro Works

Promotes Relaxation and Healthy Stress Response:

L-theanine has gained widespread recognition for its ability to promote relaxation and healthy stress response without inducing drowsiness.*⁵ It achieves this by stimulating the production of alpha waves in the brain, which are associated with a calm and focused mental state.*^{6,7} By modulating neurotransmitters such as gamma-aminobutyric acid, serotonin, and dopamine, L-Theanine Pro helps promote healthy and balanced moods while also supporting healthy stress responses.*⁸



How L-Theanine Pro Works Continued

Enhances Mental Performance and Focus:

Studies have consistently demonstrated L-theanine's positive impact on cognitive function.^{♦9} L-Theanine Pro helps support attention span, focus, and mental clarity by promoting alpha brain wave activity.^{♦10} Furthermore, it has been shown to enhance memory and learning capabilities, making it an invaluable aid in promoting optimal brain performance.^{♦11}

Supports Sleep Quality:

Restful sleep is vital for overall well-being, and L-theanine plays a crucial role in promoting healthy sleep patterns.^{♦12} L-Theanine Pro helps individuals achieve a more tranquil state before bedtime by promoting calmness and inducing relaxation.^{♦13} Additionally, L-theanine has been observed to improve sleep quality by increasing sleep efficiency and reducing nocturnal disturbances.^{♦14}

Antioxidant Support:

By increasing antioxidant activity and mitigating oxidative stress, L-Theanine Pro helps protect neurons from damage caused by free radicals and other harmful substances.^{♦15,16} Its potential neuroprotective effects make it a compelling supplement for individuals concerned about long-term brain health.^{♦17,18}

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	%DV
L-Theanine	200 mg	*

Other Ingredients: Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, silica.

Directions: Take one capsule twice daily or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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♦ 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.

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