

L-Theanine 200mg

(Pure, Free-form)

Presentation

A white coated oval tablet.

Each tablet delivers:

L-Theanine 200mg

Tableted with:

Calcium Carbonate, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Crosslinked Cellulose Gum, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Between 15 and 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8320



Uses

L-Theanine is an amino acid that is found in high levels in tea, and is believed to contribute to the relaxing effects of a cup of tea. L-Theanine has been shown to raise levels of GABA and alpha waves in the brain, and this can result in a calming effect without drowsiness.

- May be helpful at times of stress and anxiety, is safe and non habit forming
- Some studies are now showing a use for L-Theanine in immune health
- Alkylamines naturally present in L-Theanine may help encourage white blood cell activity
- This is a high strength one-a-day product
- Fast release tablet.

Lamberts® L-Theanine tablets are fast release, disintegrating between 15 and 30 minutes for speedy absorption. Unlike most supplements that need to be part of a regime for several weeks before any effect may be noted, with L-Theanine there is a quick response. To obtain a FREE 10 day trial, simply phone our Technical Advice line on 01892 554314 (no purchase necessary).

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

