

Liposomal L-Theanine

Bioavailable Support for a Calm and Healthy Stress Response*

Liposomal L-Theanine Supplementation

Stress can wreak havoc on the body and mind. Liposomal L-Theanine is a calming agent that promotes relaxation, mental clarity, and cognitive function.* The formula consists of L-theanine, a naturally occurring amino acid found in green and black tea leaves, along with chamomile extract traditionally used to promote calm and relaxation.*

Liposomal L-Theanine is an easy-to-take, great-tasting supplement that helps ease stress using a bioavailable liposomal technology to deliver targeted nutrients.* Additional benefits include:

- Supports cognitive function*
- Supports mental focus*
- Promotes feelings of calmness*
- Promotes relaxation*

How Liposomal L-Theanine Works

Liposomal L-Theanine delivers targeted nutrients to precise areas of the body to help ease stress.* Liposomes bond with cell membranes to facilitate intracellular delivery by withstanding harsh digestive elements. The efficient delivery method used by liposomal products allows dosages to be significantly reduced while still maintaining effectiveness.*

Many stress-relief and calming aids come with the unpleasant side effect of drowsiness. L-Theanine can be used during the day or at night to promote a calm and relaxed feeling.*

In 2019, a randomized, controlled study evaluated the impact of L-theanine on cognitive function in healthy adults. After supplementing with L-theanine, participants had improved scores in executive function and verbal fluency.*¹

In addition, another study found that L-theanine may improve the quality of sleep because of its ability to relax the body without contributing to daytime drowsiness.*² A study on the long-term use of chamomile extract found that it promotes feelings of calmness and supports sleep quality.*³



Supplement Facts

Serving Size: 2 Droppers (2 mL)

Servings Per Container: 30

	Amount Per Serving	%DV
L-Theanine (Suntheanine®)	200 mg	*
Chamomile Extract (flower; <i>Matricaria recutita</i>)	40 mg	*

Other Ingredients: Purified water, glycerin, natural lemon flavor, alcohol, non-GMO sunflower lecithin, stevia leaf extract.

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Directions: Shake well. Take two full droppers (2 mL) 1-2 times 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:

1. Hidese S, Ogawa S, Ota M et al. Effects of L-theanine administration on stress-related symptoms and cognitive functions in healthy adults: A randomized controlled trial. *Nutrients*. 2019;11(10):2362.
2. Rao TP, Ozeki M, Juneja LR. In search of a safe natural sleep aid. *J Am Coll Nutr*. 2015;34(5):436-447.
3. Mao JJ, Xie SX, Keefe JR, Soeller I, Li QS, Amsterdam JD. Long-term chamomile (*Matricaria chamomilla* L.) treatment for generalized anxiety disorder: A randomized clinical trial. *Phytomedicine*. 2016;23(14):1735-1742.

• 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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