

**USAGE:** Take 1 capsule 1 or 2 times per day with water or juice on an empty stomach or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Theanine** is a unique amino acid found almost exclusively in green tea that exerts beneficial effects on brain metabolism.\* Theanine induces relaxation without causing drowsiness, as measured by increased generation of alpha-waves.\* Theanine may improve sensations of pleasure by affecting dopamine and serotonin neurotransmitters in the brain.\* Also, theanine may exert protective effects on the brain by helping to maintain healthy metabolism of glutamate.\*

**Jarrow Formulas®** Theanine is made enzymatically from amino acids and is identical to the theanine found in green tea.

**Keep out of the reach of children.**  
**Suitable for vegetarians/vegans.**  
**Store in a cool, dry place.**

\* 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.

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

Lot #. Best Used Before:

**Jarrow**  
FORMULAS

# Theanine 100

Neurologically-Active  
Amino Acid  
Promotes Relaxation\*

Suntheanine®

100 60  
MILLIGRAMS VEGGIE CAPS DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

	Amount Per Serving	% DV
L-Theanine (Suntheanine®)	100 mg	†
† Daily Value not established.		

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
Los Angeles, CA 90035-4317  
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