

L-Theanine

Amino acid

Promotes relaxation

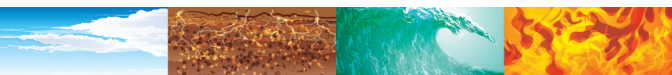


- Helps calm nervous tension
- Curbs carbohydrate cravings
- Increases capacity to concentrate

ISO 17025
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L-Theanine



L-Theanine is an amino acid found in green tea that was first isolated in 1950 in Japan. It's considered the primary compound in green tea responsible for its calming effects. Its ability to cross the blood-brain barrier is among the many features that allow this compound to induce a state of relaxation while still remaining alert. Once exposed to the brain, it stimulates production of *gamma*-aminobutyric acid (GABA), a chemical produced by the brain that blocks excitatory signals that contribute to stress.

This pathway that L-theanine follows is similar to that of prescription drugs belonging to the benzodiazepine group (i.e. Xanax, Valium), yet free from unwanted side effects and the risk of addiction. Studies also show L-theanine to increase *alpha* brain wave activity, synonymous with a state of serenity, mental clarity, and the ability to concentrate.

The insulating action that L-theanine has for stress can also shield from dangerous sudden spikes in blood pressure. Lower levels of anxiety and stress will also decrease unnecessary production of the adrenal hormone cortisol, which triggers carbohydrate cravings and accumulation of stubborn belly fat.

Supplementation with New Roots Herbal **L-Theanine** can be a valuable asset to promote relaxation and avoid many stress-related health concerns.

Each vegetable capsule contains:

L-Theanine. 250 mg

Other ingredients: Vegetable magnesium stearate, microcrystalline cellulose and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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Suggested use:

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

Manufactured under strict GMP (Good Manufacturing Practices).

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