

L- Theanine

Code: FE1786 – 30 capsules



L-theanine is the main amino acid in green tea, responsible for its calming effect on cognitive function. It helps establish a state of relaxation without causing sleepiness.

This amino acid reduces the excitatory stimuli that contribute to stress, favouring a state of serenity and mental clarity.

Supplementation with L-Theanine by New Roots Herbal can be of great help for promoting relaxation and avoiding many health problems related to stress.

Ingredients: L-Theanine, bulking agent (microcrystalline cellulose), anticaking agents (magnesium salts of fatty acids and silicon dioxide), vegetable capsule (glazing agent: hydroxypropylmethylcellulose; humectant: purified water).

Nutritional information:

**1 capsule
(501 mg)**

L-Theanine

250 mg

Size and format:

30 vegetable capsules.

Recommended daily dose:

1 capsule daily.

Do not exceed the stated recommended daily dose.

Indications and uses:

- Nervous tension, stress and anxiety.
- Favours concentration and increases memory and learning capacity.

L-THEANINE: discovered and isolated for the first time in 1950, this amino acid has the ability to cross the blood-brain barrier and modulate brain function through its activity on neurotransmitters and its ability to alter brain waves to a predominance of alpha, which is associated with relaxation, calm, general well-being and concentration, without causing sleepiness ⁽¹⁻³⁾.

After ingestion of this amino acid, the presence of gamma aminobutyric acid (GABA) increases in the brain, exerting a sedative and calming action related with anxiety control, favouring a state of relaxation and calm and improving sleep quality ^(1,4-6).

This pathway is similar to that of prescription medications belonging to the benzodiazepine group, but without the undesired side effects or risk of addiction ^(1,7).

L-theanine is also related to dopamine and serotonin. Regarding the former, it has been observed to help improve mood; regarding the latter, it decreases blood pressure ⁽⁸⁻¹⁰⁾.

Due to its action on the neurotransmitters dopamine and serotonin, and the fact that it decreases degrees of mental and emotional tension, L-theanine improves learning capacity, increasing memory and concentration ^(5,9,11).

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References:

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