

# SUNTHEANINE<sup>®</sup>

## What is SUNTHEANINE<sup>®</sup>?

SunTheanine<sup>®</sup> is the trade name for L-theanine. L-theanine is a unique amino acid found almost solely in tea plants and the main component responsible for the exotic taste of 'green' tea. It has been determined that SunTheanine<sup>®</sup> is a derivative of Glutamic Acid which is one of the neurotransmitters found in the brain. Once SunTheanine<sup>®</sup> is absorbed into the brain, it exhibits many positive, physiological effects. SunTheanine<sup>®</sup> also increases GABA levels in the brain which leads to a feeling of well-being. Because SunTheanine<sup>®</sup> promotes Alpha wave generation in the brain, an awake, alert and relaxed physical and mental condition is achieved which demonstrates theanine's effectiveness in stress management. \*

## What are the benefits?

SunTheanine<sup>®</sup> has been shown to promote relaxation and reduce stress and anxiety. SunTheanine<sup>®</sup> does not cause drowsiness or impair a person's motor skills. In addition, research suggests that it may have application to improve learning performance and concentration, enhance mental acuity, reduce high cholesterol, control hypertension and support the immune system. It has proven effective in alleviating PMS symptoms in women. SunTheanine<sup>®</sup> has also shown to combat the negative side effects associated with caffeine and ephedra such as tremors and hypertension. \*

## Supplement Recommendation:

For the most effective benefits look for the product SunTheanine<sup>®</sup> that is the registered trade name for L-theanine. Be sure it has been naturally extracted and grown or wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is without fillers, binders or common allergens.

- **Promotes relaxation without causing drowsiness\***
- **Improves learning and concentration\***
- **Enhances mental acuity\***
- **Helps to control hypertension and lower high cholesterol\***
- **Promotes relaxed physical and mental well-being\***
- **Reduces stress and anxiety\***
- **Reduces the negative side effects of caffeine\***
- **Effective in alleviating PMS symptoms in women\***

### Supporting Research:

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Kobayashi K, et al. Effects of L-theanine on the release of alpha-brain waves in human volunteers. *Nippon Noeigikagaku Kaishi*; Vol 72; Pgs. 153-157; 1998

Mason R, M.S. L-theanine Boosts Alpha Waves, Promotes Alert Relaxation. *Alternative Complementary Therapies – The Official Journal of the Society of Integrative Medicine*. Vol. 7, No. 2; Pgs 91-94; April, 2001

*PDR for Nutritional Supplements. L-theanine*; Pgs 277-278; Medical Economics; Thomson Healthcare

Schutt E. Stress reducing herbs. *Nutraceuticals World*, Vol. 2; No. 5; Pg. 46; 1999

\* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.