

PRODUCT INFORMATION:

One capsule typically provides:

		%NRV*
Vitamin B6	1.4mg	100
Pantothenic acid (vitamin B5)	6mg	100
L-theanine	100mg	

(contains EGCg 0.8mg)

*NRV = Nutrient Reference Value

INGREDIENTS: L-theanine [from green tea (*Camellia sinensis*) extract], capsule: hydroxypropyl methylcellulose, bulking agent: microcrystalline cellulose, calcium d-pantothenate (vitamin B5), anti-caking agents: silicon dioxide, magnesium stearate; pyridoxal-5-phosphate (vitamin B6).

No artificial colours, flavours or preservatives.
No yeast, added sugar or salt.

WARNINGS: Should not be consumed by pregnant or lactating women and children below 18 years old. If you are taking any medication or have a medical condition, please consult your healthcare professional before using this product. Do not consume more than 800mg of (-)-epigallocatechin-3-gallate (EGCg) per day. Should not be consumed if you are consuming other products containing green tea on the same day. Should not be consumed on an empty stomach.

This product has not been tested on animals.

HIGHER NATURE®

MIND HEALTH

L-THEANINE

Find your
inner calm



90 capsules
vegetarian and vegan

L-THEANINE

FOOD SUPPLEMENT - 90 CAPSULES

- ✓ Theanine is an amino acid found in green tea and responsible for its calming effects
- ✓ With B6 which contributes to nervous and psychological system function
- ✓ Added B5 for mental performance and synthesis of some neurotransmitters

DIRECTIONS: Adults take 1-2 capsules. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

STORAGE: Store in a cool, dry place out of reach of children.

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