

vital NUTRIENTS

L-Theanine

- Enhances focus, attention, and mental clarity
- Reduces stress and anxiety naturally
- Improves sleep quality without daytime drowsiness
- Promotes relaxed alertness without sedation
- Supports mood balance via neurotransmitter modulation
- Neuroprotective effects against oxidative stress
- Safe for use in children and elderly populations
- Compatible with SSRIs, SNRIs, and CBT protocols
- Rapid onset: effects within 30-60 minutes

Peace of mind,
better concentration

Made in USA
by Vital Nutrients (as premix)

What Is L-Theanine?

L-Theanine (γ-glutamyl-ethylamide)is a non-proteinogenic amino acid naturally found in green tea (Camellia sinensis). It promotes a state of relaxed alertness by enhancing alpha brain wave activity-without sedation or dependence as well as Crosses the blood-brain barrier to modulate neurotransmitters.[1]

Mechanism of actions	Description
Enhances alpha brain wave activity	Increases alpha wave activity (8-13 Hz) within 30-60 minutes, linked to relaxed alertness, learning, creativity, and stress resilience[2-3-4]
Increases GABA, dopamine, serotonin	Raises levels of key neurotransmitters related to mood and relaxation[8-9]
Modulates glutamate to reduce excitotoxicity	Reduces toxic glutamate activity in the brain[7-8]
Reduces cortisol and supports HPA axis balance	Lowers cortisol stress hormone, helping maintain hypothalamic-pituitary- adrenal (HPA) axis balance[9]
Enhances NMDA-independent long-term potentiation (LTP)	Promotes LTP in hippocampus, important for memory and learning[5-6]
Activates adenylate cyclase–PKA pathway	Promotes expression of brain-derived neurotrophic factor (BDNF), supporting brain health[10]

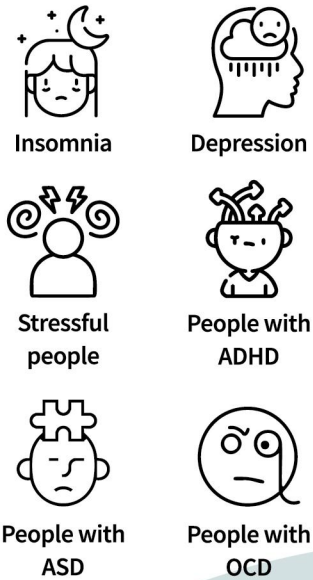
Who can benefit from L-theanine?

Indication	Benefits	Typical dose range
Anxiety & Stress	Reduces tension and improves mood	200–400 mg/day
Sleep Quality	Improves latency and depth	200–400 mg/day before bed
Cognitive Function	Enhances mental clarity, working memory, and calm focus	200 mg/day
Mood support	Promotes balance	200 mg/day
Attention Deficit (ADHD,ADD)	Improves attention span and reduces distractibility without overstimulation	200 mg twice daily

Applications

Based on the features and mechanisms of action of L-Theanine, the following individuals may benefit from this supplement:

- Mild Cognitive Impairment (MCI) [11-12]
- Neurodegenerative conditions (Alzheimer's, Parkinson's, MS) [13-14]
- Psychiatric disorders in adults & pediatrics (ADHD, ADD, ASD, OCD, Depression) [2-3-4-8-9-10-13-15]



Why Vital Nutrients?

- 200 mg pure L-Theanine per capsule
- ≥%98 purity, caffeine-free, EGCG-free
- Free from allergens, artificial additives, and preservatives
- Manufactured under strict GMP standards
- Packaging: 30 vegan capsules
- Rapid onset: 30-60 minutes

Safety & Considerations

- Generally well-tolerated with minimal side effects
- No known dependency or withdrawal
- Safe for long-term use in healthy adults
- Non-sedating, non-habit-forming
- Safe with SSRIs, SNRIs, CBT

Common Side Effects (Rare, <%1 of users):

- Mild headache (usually with initial use)
- Drowsiness (at very high doses >500mg)
- Gastrointestinal upset (when taken on empty stomach)



Pharmacokinetics

Bioavailability studies indicate L-Theanine achieves %47-54 oral absorption, with peak plasma concentrations occurring within 1-2 hours. The compound readily crosses the blood-brain barrier via the large amino acid transporter (LAT1), ensuring efficient CNS delivery.

References:

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