

THEACALM

The L-theanine in TheaCalm is a non-dietary amino acid first discovered as one of the constituents of green tea leaves. Upon ingestion, L-theanine readily crosses the blood-brain barrier and elicits a variety of therapeutic mental effects.*

How TheaCalm Works

The properties of L-theanine can be summed up as “alert relaxation” (i.e. being a relaxing agent without sedating you), making it superb for supporting stress relief and cognition. L-theanine may also help with sleep although it is not likely to induce sleep like other products.

The relaxing and cognitive promoting properties of L-theanine (paired with the lack of sedation) make TheaCalm ideal for attenuating the high many stimulants can induce. For example, combining L-theanine with caffeine has been found to be synergistic in supporting cognition and attention.

TheaCalm Supplementation

Due to its high bioavailability and simple uptake into the brain, supplementation with L-theanine has been shown to be effective for inducing a variety of psychologically beneficial properties, including stress support (relaxation) and promotion of cognitive function.*^{1,4}

Research also suggests that L-theanine administration significantly increases alpha waves in the brain, without decreasing beta waves, thereby inducing relaxation without sedation. Alpha waves are one of the two most frequent types of waves produced in the brain when we are awake, with the other being beta waves.

People who are in a resting state or coming down from a busy set of activities are often in the alpha brain wave space. People who practice light meditation will also be functioning in the alpha brain level.

When you are highly involved, active, or engaged in difficult mental activities your brain waves are functioning at the beta level. Thus, when TheaCalm is ingested, users tend to feel more calm yet attentive.* These evidence-based benefits may include:

- Supports proper stress management and relaxation without being sedated*^{1,3}
- Promotes cognitive function*
- Supports healthy blood pressure*
- Attenuates sensitivity to stimulants*²



Form: 60 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
L-Theanine	200 mg	*

Other Ingredients:

Rice Flour, Hydroxypropyl Methylcellulose (Vegetable Capsule), L-Leucine, Silica.

Directions:

Take one capsule twice daily as a dietary supplement, or as directed by your healthcare practitioner.

Caution: *If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.*



GLUTEN-FREE



NON-GMO



VEGETARIAN



PRODUCED IN A
cGMP FACILITY

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

For more information, visit: www.justbewell.info

References:

1. Juneja, L. R., Chu, D. C., Okubo, T., Nagato, Y., & Yokogoshi, H. (1999). L-theanine—a unique amino acid of green tea and its relaxation effect in humans. *Trends in Food Science & Technology*, 10(6), 199-204.
2. Haskell, C. F., Kennedy, D. O., Milne, A. L., Wesnes, K. A., & Scholey, A. B. (2008). The effects of L-theanine, caffeine and their combination on cognition and mood. *Biological psychology*, 77(2), 113-122.
3. Song, C. H., Jung, J. H., Oh, J. S., & Kim, K. S. (2003). Effects of theanine on the release of brain alpha wave in adult males. *Korean Journal of Nutrition*, 36(9), 918-923.
4. Kim, T. I., Lee, Y. K., Park, S. G., Choi, I. S., Ban, J. O., Park, H. K., ... & Hong, J. T. (2009). L-Theanine, an amino acid in green tea, attenuates β -amyloid-induced cognitive dysfunction and neurotoxicity: reduction in oxidative damage and inactivation of ERK/p38 kinase and NF- κ B pathways. *Free Radical Biology and Medicine*, 47(11), 1601-1610.