



Advanced L-Theanine Calm-Plex

DESCRIPTION

L-Theanine is an exceptional amino acid that is found in green tea, which stimulates the production of brain waves that support improved mental function. Theanine also modifies essential neurotransmitters and, coupled with the mood enhancement of 5-HTP and Gaba, has an overall beneficial effect on improving mood, attention and memory.

RESEARCH STUDIES*

L-Theanine is an amino acid that has been reported to support relaxation. In a recent review of research studies it was found that L-Theanine increases levels of serotonin, dopamine and Gaba. Additionally, animal studies have indicated that L-Theanine may support learning and memory.

Studies on Gaba have shown that this neurotransmitter increases alpha-waves in the brain. After 60 minutes of Gaba administration it was shown that healthy subjects had an increase in the relaxing alpha waves and a decrease in beta brain waves. In addition, these same subjects were tested under a stressful situation after ingesting Gaba and found that the levels of alpha waves were increased.

Studies have been conducted to compare 5-HTP to prescription medications that increase serotonin in the body. Using the standard depression scale, both the drug and 5-HTP groups showed a reduction in depression symptoms. Depressed patients, who received 100 mg of 5-HTP three times daily, showed at least a 50% improvement in their symptoms, without any reported side effects.

ADVERSE REACTIONS

Consult your doctor if taking prescription medication. Do not administer L-Theanine to infants. Do not take this supplement if currently on prescription anti-depressants.

DOSAGE AND ADMINISTRATION

Take 1 to 2 capsules as needed, preferably between meals, or as recommended by a health care professional.

STORAGE

Keep out of reach of children.

RESOURCES

1. Nathan, PJ, et al. The neuropharmacology of L-Theanine(N-ethyl-L-glutamine): a possible neuroprotective and cognitive enhancing agent. *J Herb Pharmacother.* 2006;6(2):21-30. Review.
2. Abdou, AM, et al. Relaxation and immunity enhancement effects of gamma-aminobutyric acid (GABA) administration in humans. *Biofactors.* 2006;26(3):201-8.
3. No author listed. The emerging role of GABAergic mechanisms in Mood Disorders. *Psychiatric Times;* September 2005 Vol. XXII Issue 10
4. No authors listed. A functional-dimensional approach to depression, comparing 5-HTP to Fluvoxamine, *Psychopathology* 1991; 24:53-81

*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.

Item number: AM206
Delivery System: Capsules
Amount per bottle: 60 capsules
Serving size: 1 capsule

INGREDIENTS PER SERVING

L-Theanine	100 mg
Gaba	275 mg
5-HTP	10 mg

Other ingredients: Stearic acid, silicon dioxide, cellulose, gelatin (capsule shell). Contains ingredients derived from soy.

INDICATIONS*

Overall mood enhancement, relaxation without drowsiness.

MECHANISM OF ACTION

L-Theanine is an amino acid exclusively found in green tea. Although the mechanism of action is not clearly understood, research studies have shown that theanine supports relaxation by increasing alpha brain waves in the occipital and parietal regions.

Gamma-aminobutyric acid is synthesized by the decarboxylation of glutamate by cytosolic glutamic acid decarboxylase (GAD) and is metabolized by the enzyme GABA-transaminase (GABA-T) to succinic semialdehyde, which in turn can enter the Krebs cycle to ultimately regenerate glutamate.

5-Hydroxytryptophan is an intermediate in the synthesis of tryptophan to serotonin. The enzyme tryptophan hydroxylase adds a hydroxyl group to tryptophan, which forms 5-HTP. It then converts to serotonin when a carboxyl group is removed. Serotonin has an inhibitory effect on the nervous system, which calms the mood.

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