

## **L-Theanine Info Sheet**

### **Indicated For:**

Anxiety, nervousness, ADHD, sleep issues, poor concentration, poor mental clarity/focus, memory difficulties, hypertension, weight concerns, cancer prevention and treatment, hypertension, and stroke risk.

### **Warnings and Contraindications:**

Very little information is available on how l-theanine might affect a developing foetus, an infant, or a small child. Therefore, its use is not recommended during pregnancy, while breast-feeding, or during early childhood.

L-theanine should not be used in combination with antihypertension drugs, stimulants, or chemotherapy drugs (unless under supervision of a physician).

If consumed via tea, some people have reported digestive upset, nausea, and/or irritability—particularly, when the tea is consumed in larger amounts.