

## **L- theanine**

### **What is it?**

L- theanine is an amino acid that is naturally found in tea leaves. It has been studied in capsule form to be beneficial for relaxation. It may also be helpful for anxiety. It is thought to increase relaxing neurochemicals and decrease stimulating ones.

### **How do I take it?**

The recommended dosage for anxiety and relaxation is 200mg at night around bedtime. While it is useful for occasional use, it is also helpful for more long term treatment.

### **Is it safe?**

L- theanine in recommended dosages is safe. It may cause drowsiness due to its relaxation properties, but it is not habit forming like some prescription medications for anxiety. It also can lower blood pressure. If you have low blood pressure or are on blood pressure medication, please discuss this with your provider.

Quality is very important when choosing over the counter supplements or herbs. Please consult your provider or the Pharmacist if you have further questions or concerns. We are dedicated to your health and well being!