

L-Theanine 200 mg 60 Tablets

EAN: 5055148414436 FABRICANTE: LAMBERTS



L-Theanine 200 mg in Free form. Non-essential amino acid. Pure. Free form.

DESCRIPTION

Amino acids are used by the body to build proteins.

Proteins are essential for the formation of cells, and are also linked to the biochemical structure of hormones, enzymes, neurotransmitters and antibodies.

Amino acids are classified as essential or non-essential.

Essential amino acids cannot be synthesized in the body and must be obtained through diet, while non-essential amino acids, although extremely important for health, can be synthesized in the body and are therefore not classified as "essential."

LAMBERTS[®] amino acids are in "free form", that is, they are ready to be absorbed and used by the body (they do not need to be digested).

Unlike most supplements that need to be part of a regimen for several weeks before any effects can be seen, with L-Theanine there is a response within the first few hours of use.

L-Theanine is a fascinating amino acid that is present in regular tea and is believed to be responsible for that unique feeling... "of a nice cup of tea."

L-Theanine supplements are now very popular, especially in the USA, and LAMBERTS[®] L-Theanine is one of the leading brands in the UK.

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Each capsule provides:

L-Theanine 200 mg
(from green tea extract with up to 5 mg epigallocatechin gallate EGCG).



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Disintegration time:

Between 15 and 30 minutes.

Suitable for vegetarians and vegans and free of lactose and gelatin.

Allergen note

The following list of allergens is excluded: ingredients containing wheat, barley, soya, eggs, milk (and dairy products), lactose, nuts, sulphites, celery, yeast and gluten.

Precautions

This product is not recommended for children or pregnant or breastfeeding women. L-theanine is not believed to be addictive, and does not cause drowsiness.

Do not exceed 800 mg of EGCG daily. Do not take with other green tea products.

Instructions for use

Adults over 18 years of age, take 1 capsule daily always with food.

Do not take on an empty stomach.

Do not exceed the expressly recommended daily dose.

One container lasts: 60 days.

