

Theanine and Lemon Balm 60 Tablets

EAN: 5055148409548

FABRICANTE: LAMBERTS



L-Theanine Complex 200 mg and Lemon Balm 6000 mg with pantothenic acid that contributes to psychological function and intellectual performance.

DESCRIPTION

L-Theanine is a fascinating amino acid found in regular tea, and is thought to be solely responsible for “a nice cup of tea.” It has been shown to increase GABA levels and alpha waves in the brain.

Lemon balm (*Melissa officinalis*) has a long history of use in traditional herbal medicine, as an essential oil for external use and in infusions for internal use (mainly as a sedative and relaxant). Recent studies also show that it is useful for improving attention and memory.

LAMBERTS® L-Theanine and Lemon Balm Complex combines a total of 200 mg of L-Theanine with 6000 mg of Lemon Balm, plus three important B vitamins.

Folic acid and biotin, both included, contribute to normal psychological functions; and pantothenic acid to normal mental performance.

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.

Many companies choose to sell the less active D form extracted from tea, however we insist on a pure and potent form of L-Theanine, produced from pharmaceutical grade material.

There are many positive studies on the L-form of theanine and, reassuringly, it is not thought to be addictive or cause drowsiness.

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.

Oval tablet.

Two capsules provide:



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Folic Acid	200 µg
Pantothenic Acid (B5)	6 mg
Biotin	50 µg
L-Theanine	200 mg
(from green tea extract with up to 5 mg epigallocatechin gallate EGCG)	
Lemon Balm	6000 mg
(600 mg of a 10:1 extract)	

Disintegration time:

Less than 1 hour.

Suitable for vegetarians.

Allergen note

This product is free of wheat, gluten, yeast, dairy, soy, nuts and shellfish.

Precautions

This product is not recommended for children or pregnant or breastfeeding women.

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

Instructions for use

Adults over 18 years take 2 capsules a day with water or fruit juice.

