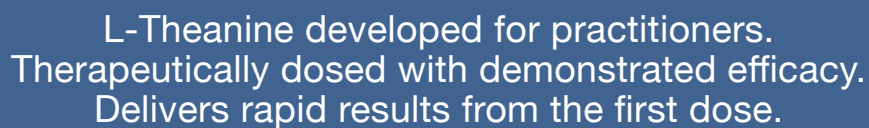
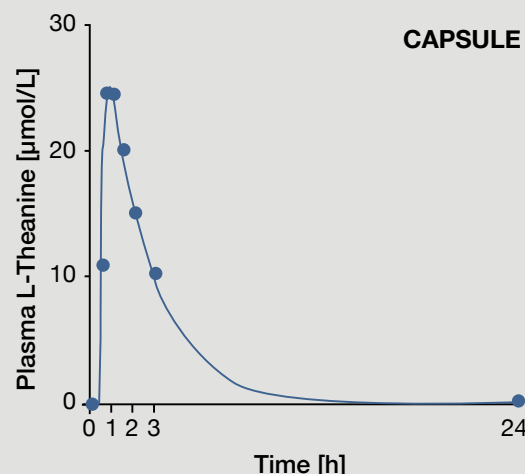
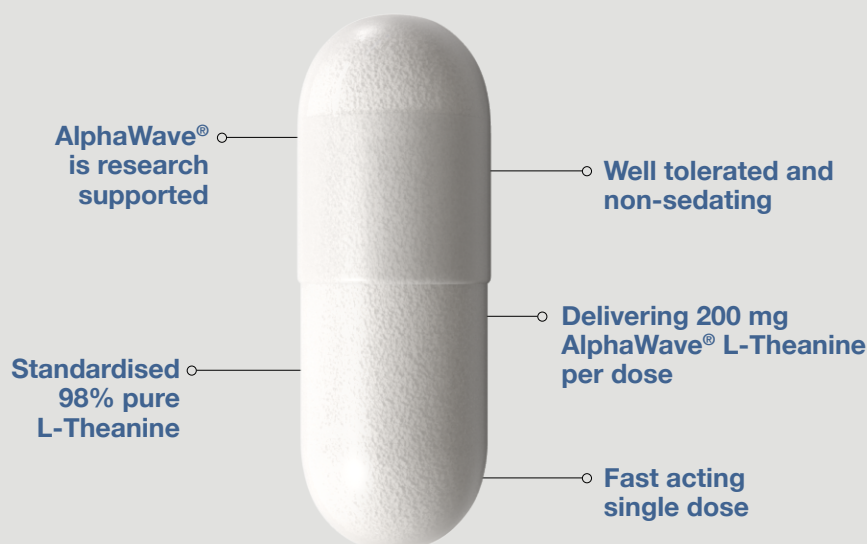


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BENEFITS OF NATROCEUTICS L-THEANINE



Reference: Scheid, L., et al. (2012). Kinetics of L-Theanine Uptake and Metabolism in Healthy Participants Are Comparable after Ingestion of L-Theanine via Capsules and Green Tea. *The Journal of Nutrition*, 142(12), 2091–2096. <https://doi.org/10.3945/jn.112.166371>

Study

EFFICACY OF A SINGLE DOSE OF ALPHAWAVE® L-THEANINE ON STRESS IN A HEALTHY ADULT POPULATION

In a randomised, triple-blind, placebo-controlled, crossover study, 16 participants (19 - 60 years), with moderate levels on the Perceived Stress Scale (PSS), were given either 200 mg of Alphawave® L-Theanine or placebo once daily for 2 days, followed by a 7-day washout period before crossover. A mental arithmetic test (MAT) was used to induce stress before and after the dose. Electroencephalogram, salivary cortisol, blood pressure, heart rate, self-reported stress, adverse events, clinical chemistry, and hematology were assessed to evaluate efficacy and safety.

Conclusion

A single dose of AlphaWave® L-Theanine significantly increased alpha power in the brain's frontal region compared to a placebo when facing an acute stress challenge. These results suggest a relaxing effect on the brain, indicating a calming response. AlphaWave® L-Theanine was also found to be safe and well-tolerated by participants.

Reference: Evans, M., McDonald, A. C., Xiong, L., Crowley, D. C., & Guthrie, N. (2021). A Randomized, Triple-Blind, Placebo-Controlled, Crossover Study to Investigate the Efficacy of a Single Dose of AlphaWave® L-Theanine on Stress in a Healthy Adult Population. *Neurology and Therapy*, 10(2), 1061–1078. <https://doi.org/10.1007/s40120-021-00284-x>

Study

SAFETY AND EFFICACY OF ALPHAWAVE® L-THEANINE SUPPLEMENTATION FOR 28 DAYS IN HEALTHY ADULTS WITH MODERATE STRESS

In a randomised, double-blind, placebo-controlled trial, 38 participants (18-65 years) with moderate stress were randomised to received either 400 mg of Alphawave® L-Theanine or placebo once daily for 28 days. Assessment was done at baseline, 14 and 28 days. Outcomes measured were stress, sleep and mood. Safety included vital signs, clinical chemistry, haematology and adverse events (AEs).

Conclusion

AlphaWave® L-Theanine supplementation for 28 days was safe and significantly decreased perceived stress, improved sleep quality and enhanced cognitive attention in the studied population.

Reference: Moulin, M., Crowley, D. C., Xiong, L., Guthrie, N., & Lewis, E. D. (2024). Safety and Efficacy of AlphaWave® L-Theanine Supplementation for 28 Days in Healthy Adults with Moderate Stress: A Randomized, Double-Blind, Placebo-Controlled Trial. *Neurology and Therapy*, 13(4), 1135–1153. <https://doi.org/10.1007/s40120-024-00624-7>