



L-THEANINE



What is L-Theanine?

Theanine is a unique amino acid naturally occurring in tea, especially green tea. Green tea has long been heralded for its health benefits. It's been revered for its ability to boost brain function and promote a relaxed, yet alert state. It has been estimated that nearly 70 percent of the adult population experiences some form of stress, and these numbers are continually rising. And since ancient times, it's been said that drinking green tea induces relaxation.

First discovered by Japanese scientists in the 1940s, extensive testing on L-Theanine has revealed a variety of positive effects from stress relief to improved sleep. Research suggests that L-Theanine affects the production and release of dopamine, serotonin, and GABA. These brain chemicals have a profound effect on your stress responses and overall mood. They can also affect how well you sleep.

L-Theanine increases the production of GABA, and GABA has anti-anxiety and anti-stress properties, which further reinforce its calming benefits. Possibly related to the anti-stress effects, studies have also shown that L-Theanine can improve focus and alertness while you remain relaxed, and attenuate high blood pressure resulting from stress.

Since it's virtually impossible to take in a meaningful amount of L-Theanine from natural sources, those looking to unlock its powerful benefits must incorporate a supplement into their routine. Theanine supplements generally come in the form of L-Theanine, which is the bioavailable supplement form of the amino acid theanine.

FAQs

Q. How much L-Theanine do I take and when should I take it?

A. Based on the results of clinical studies, it has been established that L-Theanine is effective in the range of 50 to 200mg. The effects of L-Theanine are dosage dependent. You may find that a dose you'd take for general stress and anxiety relief could be different from a dosage you'd take to promote sleep or the dosage you'd give to a child or pet to reduce stress and anxiety. Users have also noted using L-Theanine at much higher doses with no noticeable side effects, and since it's so well tolerated, there really is no such thing as an L-Theanine maximum dosage. It's best to take it first thing in the morning so you can set your day off calm and relaxed. L-Theanine can be taken with or without food.

If this is your first-time taking L-Theanine, ramp up your dosage slowly as you find the best dosage for you. Start with a low dosage of around 200mg and increase it as necessary until you find the ideal range for you. This list has some general guidelines for different daily dosages:

- L-Theanine typical dosage: 200 - 460mg
- L-Theanine dosage for anxiety: 300 - 900mg
- L-Theanine dosage for panic attacks: 300 - 900mg
- L-Theanine dosage for severe anxiety: 600 - 1,200mg
- L-Theanine dosage for insomnia: 400 - 1,000mg
- L-Theanine dosage for ADHD: 300 - 900mg
- L-Theanine dosage for depression: 300 - 900mg
- L-Theanine dosage for children: 100 - 300mg
- L-Theanine dosage for cats: 50 - 200mg
- L-Theanine dosage for dogs: 50 - 1,000mg depending on size
- L-Theanine + caffeine dosage: 2:1 ratio
(i.e. 200mg L-Theanine + 100mg caffeine per dose)

Suggested Adult Serving: 2ml
2ml = 200mg of L-Theanine
1ml = 100mg of L-Theanine

Half a dropper = 1ml



* Size and weight also play a part in the effectiveness of a dose.

Q. When will I feel the effects of L-Theanine?

A. The effects of liquid L-Theanine usually kick in about 15-30 minutes after taking it.

Q. Do I need to refrigerate my L-Theanine?

A. No, you do not need to refrigerate your bottle. It is stable at room temperature, so it will be perfectly fine on your counter or in the kitchen cabinet.

Q. Can L-Theanine help relieve anxiety and reduce the effects of stress?

A. One of the most well researched L-Theanine benefits is its ability to promote relaxation and fight stress. It is said to be “a relaxing agent without causing sedation,” meaning it can help improve your ability to deal with stress without making you feel lethargic or tired. If you suffer from nervousness, anxiety, depression or other stress related issues, you can likely benefit from L-Theanine’s relaxing effects.

Q. What is a good daily beginner dosage for suffers of constant anxiety?

A. If you’re suffering from a constant background anxiety that is making life difficult for you, L-Theanine could be a God send for you! Not only is it very bad to be living constantly in some kind of fear, but it’s also drastically decreasing the quality of your life. If this is you, it is recommend you take 100mg of L-Theanine when you wake up; 100mg again around noon; and, another 100mg in the evening.

Q. Can L-Theanine help me get into a meditative state?

A. Absolutely! We especially love it for this reason. It works great for quieting the chattering of the mind. L-Theanine directly stimulates the production of alpha brain waves, a state often achieved by meditation. Alpha brain waves are associated with a state of “wakeful relaxation.” That’s the state of mind you experience when meditating, being creative, or letting your mind wander in daydreaming. One of the appealing aspects of L-Theanine is that it works to relax without sedating.

Q. Can L-Theanine be used for insomnia and help to improve sleep?

A. It is a great sleep aid! With its ability to increase relaxation and lower stress, L-Theanine can help with sleep in a number of ways. L-Theanine may help people fall asleep more quickly and easily at bedtime, thanks to the relaxation boost it delivers. Research also shows it can improve the quality of sleep - not by acting as a sedative, but by lowering anxiety and promoting relaxation. Those who are taking L-Theanine as a sleep aid should take their dose 30-90 minutes before bedtime.

Q. Why do some people use L-Theanine and caffeine together?

A. Some people choose to use L-Theanine and caffeine together in order to improve alertness, cognition and attention. The two have a “synergistic” relationship and can lead to improved focus without feeling overly “wired” or jittery. L-Theanine tampers down the jittery effects of caffeine.

Q. Is L-Theanine habit forming?

A. L-Theanine has been studied extensively. It’s safe when consumed at standard dosage, and it is not habit forming.

Q. Does L-Theanine lose its effectiveness?

A. L-Theanine may become less effective over time as your body develops a tolerance as it does to most things. To inhibit this, many users will cycle 5 days on and 2 days off, or take a 3-5 day break each month.

Q. Can L-Theanine be given to children?

A. Yes, L-Theanine is a naturally occurring molecule that is present in the diets of children around the world where tea is consumed and no concerns have ever been raised about its safety.

Q. Can L-Theanine be given to pets?

A. Yes, when it comes to preparing pets for any stress-inducing episodes like fireworks, parties, or car rides, give one dose twelve hours and another dose two hours before the activity. While a dosage of 50-100 mg is usually sufficient for cats and small dogs, you’ll need to increase the dosage to account for larger pets.

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