



### Sharp and focused, aim is true with Suntheanine®

by "Mix" Kerdprasop, Miss Thailand World 2003-2004

Being a beauty pageant winner involves lots of work. The period before I was named Miss Thailand World was like an Olympic sporting event. There was tension, a national heat to pass and many promotional functions to attend. To relieve the tension and to achieve an alert, yet relaxed state, I regularly took Suntheanine®, especially on the last day of the pageant. I won!

As a Miss Thailand World ambassador, I have been a public speaker, a promoter of benefits, and an officiator of countless events and ceremonies. I regularly took Suntheanine, not only to alleviate the stress that came with these duties, but to also retain the same calm and relaxed focus that Suntheanine provided me when I practiced on the Thai and Swedish national archery teams. (My mother is Thai and my father is Swedish – hence the nickname, "Mix," coined by my parents.)

Archery requires great concentration and composure, a calm sense of "being one with the target." Suntheanine helps me achieve and sustain this state. I recommend Suntheanine to anyone seeking more calm and focus and less stress in their lives.

# Relax, Refresh, Revive



## Suntheanine®

Suntheanine is exclusively supplied through NutriScience Innovations, LLC. For more information, contact sales@nutriscienceusa.com

## Suntheanine®

The award-winning, patented dietary ingredient for stress and well-being.



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## Suntheanine® – the award-winning, patented dietary ingredient for stress and well-being.

Since ancient times, it has been said that drinking tea induces relaxation. A pioneer in the science of green tea, Taiyo found this relaxation effect to be due to the presence of the amino acid L-theanine. Suntheanine® is the brand name for Taiyo's patented and pure L-theanine.

### What is Suntheanine?

Suntheanine is the brand name for Taiyo's isomerically pure L-Theanine, a unique amino acid found in green tea. Absorbed in the small intestine, Suntheanine crosses the blood-brain barrier and into the brain in a dose-dependent manner. Suntheanine has been shown to stimulate the production of alpha brain waves (a state often achieved by meditation – one of deep relaxation and mental alertness). Entering the U.S. market in 2000, Suntheanine is a dietary ingredient intended for use in dietary supplements.

### How often should Suntheanine be taken?

Suntheanine can be taken whenever levels of stress are noticed. It has been established that Suntheanine is effective in the range of 50 to 200 milligrams. Once in a calm or relaxed state, additional consumption will yield little to no effect. Suntheanine will not lead to drowsiness or loss of concentration. Consumption of Suntheanine is not affected (either positively or negatively) by the consumption of food. Suntheanine may be taken at any time.



**Nutraceutical  
of the Year  
Nutracon 2000**



**Food Ingredient  
Research Award  
FIE 1998**

### Biologically active

Human clinical trials have shown that Suntheanine promotes an alert state of relaxation without drowsiness.

### Functional claims

According to peer-reviewed studies, Suntheanine is acceptable for use in dietary supplements for:

- Reducing stress;
- Promoting relaxation without drowsiness;
- Improving the quality of sleep;
- Diminishing normal symptoms of premenstrual syndrome (PMS);
- Improving learning performance and concentration; and
- Reducing the negative side effects of caffeine.

### Documented safety

Suntheanine has been shown to be safe based on favorable toxicology studies. In a recent animal study conducted at Iowa State University by Dr. Daniel Armstrong and colleagues, and published in the March 2005 issue of *Chirality*, isomer pure L-theanine was shown to exhibit superior absorption to D-theanine or DL-theanine. Additionally, D-theanine was found to reduce the absorption of L-theanine. In a previous study from Armstrong's laboratory published in 2004 (*Rapid Comm Mass Spectrom*), Suntheanine was compared to several ingredients marketed as "L-theanine." Only one product, Suntheanine, appeared to contain only the L-theanine enantiomer.

These studies underscore the absence of safety and efficacy studies for other "theanine" that most likely are DL-theanine. Only Suntheanine brand L-theanine has been shown to be both safe and effective in animal and human studies. Suntheanine has been consumed in beverages, foods and dietary supplements since 1994 with no indication of adverse reactions or contraindications.

To learn more about Suntheanine, visit [www.theanine.com](http://www.theanine.com).

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.