

Caffeine + L-Theanine

Energy and Focus From Green Tea

The weekend was great, maybe a little *too* great, because now, Monday morning, you're dragging, can't wake up, can't focus, and you've got to finish your project report in two hours. You could guzzle a few more cups of coffee and hope for the best, but coffee tends to give you anxiety. Your mind wanders back to the weekend, and just as your eyes begin closing, you snap awake—the report is due in an hour and a half!*

Caffeine + L-Theanine may be just what you need. The benefits of a *moderate* amount of caffeine (derived from green tea), equal to about a cup of coffee, combined with the amino acid L-theanine, together produce a stimulating, energizing effect that does not cause the anxiety or nervousness that excess caffeine can cause. At the right levels, these two ingredients work synergistically to create energized, focused attention more than either one on its own.*

It's the best of both worlds. Caffeine + L-Theanine provides caffeine's research-backed positive benefits, such as increased working memory, alertness, and some positive mood ratings related to energy, without the negatives. L-Theanine, an amino acid found in green tea, may help ease some psychological and physical aspects of normal everyday stress, including occasional anxiety and tension, as studied in preliminary research. Several controlled clinical trials have shown that the combination of caffeine plus theanine, in the proper dosage and ratio, is more effective at improving scores on tests of attention, accuracy, reaction time, and memory than either component alone.*



Source Naturals®
live unstoppable™

*The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Caffeine: Pros and Cons

Over half of the adults in the US consume coffee daily. The average caffeine consumed by adults in the US is equivalent to three cups of coffee daily. With excessive use of caffeine, many complain of increased nervousness, increased anxiety, sleeplessness, and rapid heart rate. Available in many forms, such as coffee, tea, cola, and energy drinks, many want the “kick start” caffeine provides, even with the drawbacks. Each eight ounce cup of coffee contains approximately 100 mg of caffeine.*

On the plus side, there is evidence that moderate caffeine use by itself has many mechanisms of action within the brain. It has been shown to increase alertness and working memory in adults. Caffeine can prevent adenosine, a neurotransmitter involved in sleep induction, from binding to its receptor, thereby helping to “awaken” people as well as keep them awake. There is also preclinical evidence that caffeine can increase dopamine levels in the striatum, a pre-frontal cortical area in the brain. Brain striatal dopamine activities are associated with various memory systems and motor functions. Studies have also shown that caffeine improves mood and energy levels.*

L-Theanine

Human studies have shown that taking L-theanine may affect alpha waves in the brain associated with states of relaxation and focused attention. Preliminary research suggests that it may influence neurotransmitter levels in the brain.*

L-Theanine is a unique amino acid found almost exclusively in the tea plant (*Camellia sinensis*) and contributes to the unusual taste of green tea. It is thought to support focused attention by crossing the blood-brain barrier into the brain. It has been shown to support a calm mind without drowsiness, support focused attention and concentration, and may reduce the effects of stress.*

Caffeine plus L-Theanine

Clinical studies have confirmed fascinating additional benefits when L-theanine and caffeine are ingested together in a 2:1 ratio:

- In several controlled clinical trials, the combination of caffeine plus theanine has been shown to be more effective at improving scores on tests of reaction time, memory, accuracy, and attention than either treatment alone.*
- In three clinical trials, the two compounds appear to have a synergistic effect on attention.*
- Caffeine and L-theanine taken together as a treatment have been shown to improve subjective mood ratings related to energy in healthy participants as well as to support alertness and focus.*

Clearly, the benefit isn't limited to waking you up. If your day requires alertness, focus, memory, accuracy, and quick reaction times, the synergistic combination in Caffeine + L-Theanine will support your workday effectiveness and performance, no matter how great your weekend was.*



Source Naturals®

live unstoppable™

www.sourcenaturals.com

*The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.