

# **Integrative Balance Psychotherapy & Wellness Coaching**

## **- L-Theanine Info Sheet -**

Note: Always research supplements (including potential risks and contraindications) before use. Always discuss supplements with your physician before use.

### **What is L-Theanine?**

L-theanine is a natural amino acid, commonly found in green and black tea leaves. L-theanine is extracted and sold as a supplement—commonly in pill or tablet form. It has been shown to increase GABA, serotonin, and dopamine, while also reducing overall stress responses. Research has shown that it helps with decreasing anxiety, increasing focus, improving memory, and improving sleep. It may also help prevent neurodegenerative diseases and decrease psychosis-related anxiety. I have also anecdotally found that it can help reduce panic attacks and PTSD flashbacks.

### **Recommended Dosage:**

100-200 mg, 1-2 times per day.

### **Indicated For:**

Anxiety, nervousness, ADHD, sleep issues, poor concentration, poor mental clarity/focus, memory difficulties, hypertension, weight concerns, cancer prevention and treatment, hypertension, and stroke risk.

### **Warnings and Contraindications:**

Very little information is available on how l-theanine might affect a developing foetus, an infant, or a small child. Therefore, its use is not recommended during pregnancy, while breast-feeding, or during early childhood.

L-theanine should not be used in combination with antihypertension drugs, stimulants, or chemotherapy drugs (unless under supervision of a physician).

If consumed via tea, some people have reported digestive upset, nausea, and/or irritability—particularly, when consumed as tea in larger amounts.