

# SOURCE NATURALS® SERENE SCIENCE™

## L-THEANINE

Focused Relaxation\*

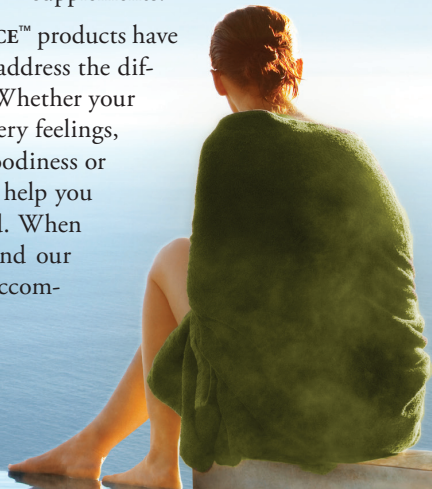
## THEANINE SERENE™ AND THEANINE SERENE WITH RELORA®

Calm Mind and Body\*



**Bills! Deadlines! Kids!** When we're stressed, our bodies unleash a cascade of over 500 biochemical events which left unchecked can drain our energy and make us unable to think clearly. You may not be able to control all of the events or people causing stress in your life, but you can control how your body deals with occasional stressors. There are many ways to help your body handle stress: exercise, meditation, lifestyle changes and yes, traditional herbal compounds and scientifically formulated supplements.\*

All of Source Naturals® SERENE SCIENCE™ products have individual benefits for you, chosen to address the different ways our bodies react to stress. Whether your concern is occasional sleeplessness, jittery feelings, temporary anxiety, muscle tension, moodiness or attention lapses, SERENE SCIENCE can help you relax, feel peaceful and more balanced. When we're serene, our thoughts are clear and our minds more focused, enabling us to accomplish what we want to in life.\*



**SOURCE  
NATURALS®**

*Strategies for Wellness* SM

\*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.

## L-Theanine

### Focused Relaxation

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 modulate the neurotransmitters dopamine and GABA in the brain as well as inhibit the stimulatory properties of caffeine.\*

### What Is It and Where Is It From?

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.\*

### What Are the Benefits of L-Theanine?

- Supports a calm mind without drowsiness.
- May help support focused attention and concentration.
- Preliminary evidence suggests that L-theanine may help reduce the effects of stress.\*

## THEANINE SERENE™ AND THEANINE SERENE™ WITH RELORA®

### Calm Mind and Body

THEANINE SERENE™ is a sophisticated formula containing additional compounds that may help your mind and body relax. At the formula's core is L-theanine, and it also includes the calming neurotransmitter GABA, as well as taurine, magnesium and holy basil.\*

GABA is one of the most important neurotransmitters in your brain for filtering out excess “neuronal noise.” Taurine is an amino acid that cell culture studies have shown may help support the effect of GABA. Magnesium is an essential mineral that supports muscle and nerve relaxation and the calming holy basil leaf extract gently soothes away the tension in your body.\*

Relora® contains magnolia and philodendron extracts that may help relieve temporary anxiety.\*

Relora® is a registered trademark of NPI, LLC.

## A Whole Line of Serene Solutions for Your Kind of Stress

Source Naturals SERENE SCIENCE offers a soothing, calming line of exemplary stress-reducing formulas.\*

L-THEANINE—Focused Relaxation  
THEANINE SERENE™—Calm Mind and Body  
THEANINE SERENE™ WITH RELORA®—Calm Mind and Body  
KAVA—For Occasional Anxiety  
GABA—Calm Mind  
GABA CALM™ LOZENGE—Calm Mind  
HOLY BASIL—Adrenal Support  
MAGNESIUM SERENE™—Peaceful Body  
L-TRYPTOPHAN—Positive Mood\*

*Visit [SereneScience.com](http://SereneScience.com) to learn more about stress and find the serene that works for you.*

Prices and ingredients are subject to change without notification.



*Strategies for Wellness<sup>SM</sup>*

[www.sourcenaturals.com](http://www.sourcenaturals.com)

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