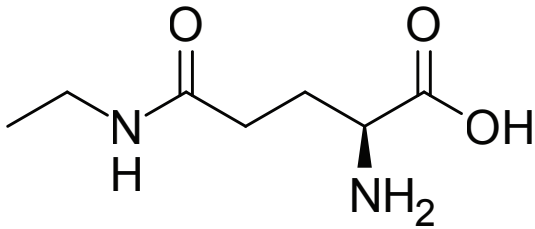


# Health & Nutrition Sciences

## L-Theanine: Helps Support Stress Reduction

Consumers are looking for ingredients to help with stress and relaxation management.

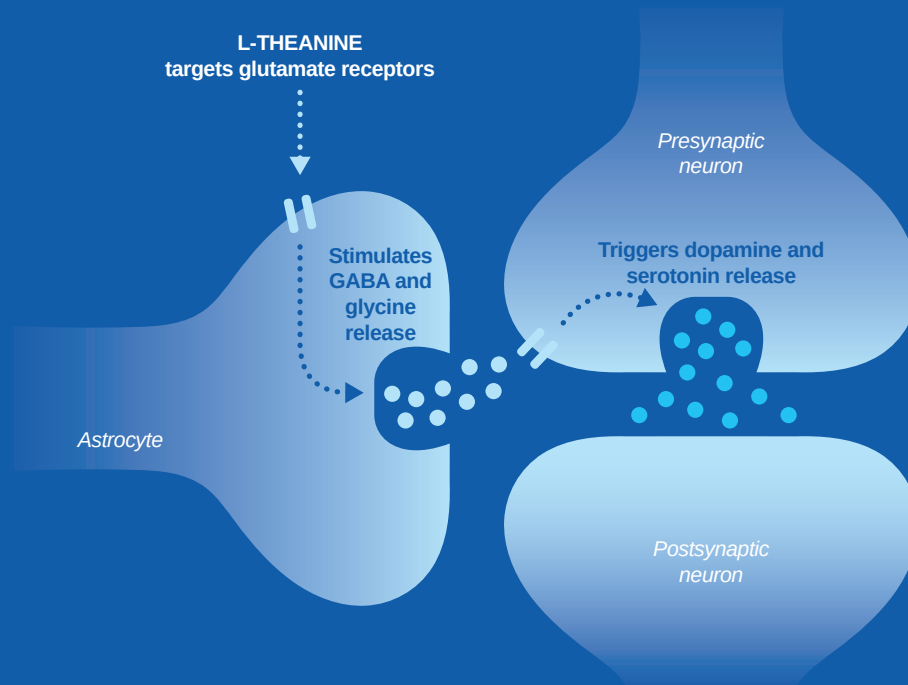
What is L-theanine?



L-theanine is an amino acid found most commonly in green and black tea.



What does L-theanine do in the brain?

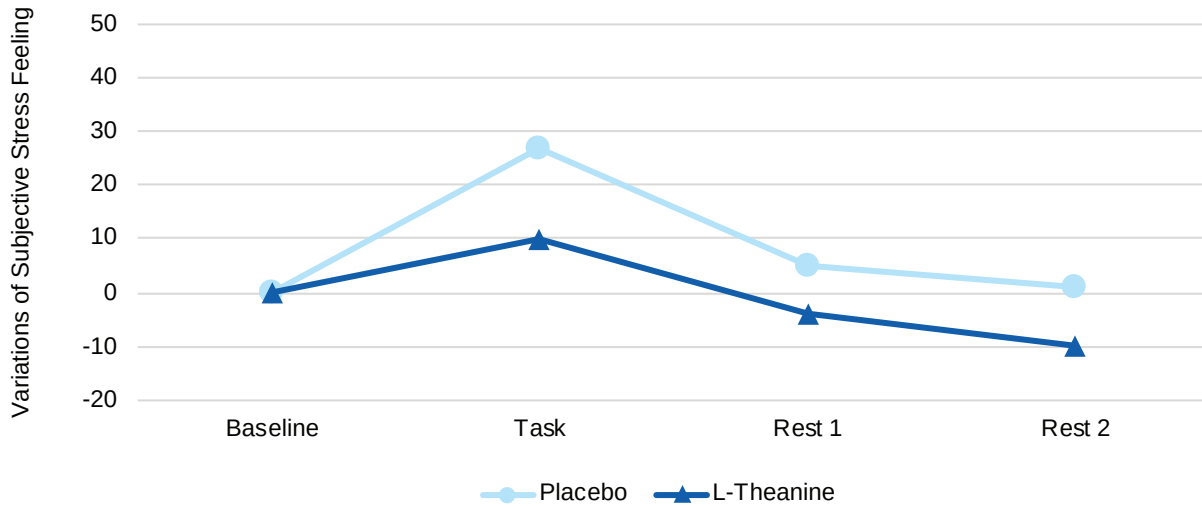


L-theanine influences mood and emotional well-being by interacting with glutamate receptors in the brain, resulting in the release of neurotransmitters dopamine and serotonin, activating the brain's calming and anxiety reducing mechanisms.

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## L-theanine has been shown to reduce stress levels

Two studies have shown that people who consume a beverage containing 200mg of L-theanine had decreased levels of stress, compared to placebo, while performing stress inducing tasks.<sup>1,2</sup>



Adapted from Kimura et al. 2007<sup>1</sup>

## Soulboost Ease contains 200mg of L-theanine to help support relaxation



### References:

1. Kimura, K., Ozeki, M., Juneja, L. R., & Ohira, H. (2007). L-Theanine reduces psychological and physiological stress responses. *Biological Psychology*, 74(1), 39-45.
2. White, D. J., De Klerk, S., Woods, W., Gondalia, S., Noonan, C., & Scholey, A. B. (2016). Anti-stress, behavioural and magnetoencephalography effects of an L-theanine-based nutrient drink: a randomised, double-blind, placebo-controlled, crossover trial. *Nutrients*, 8(1), 53.