

# Cyto·Theanine

For improved mood, cognition, sleep and stress-coping, without the drowsiness or sedation. Stay focused with 250mg of pure L-theanine and 20mg of magnesium bisglycinate per capsule.

Each capsule contains:

L-Theanine	250mg
Magnesium (magnesium bisglycinate)	20mg



60 vegetable capsules

Gluten, soy and dairy free.

Stress and anxiety have become all too common in the modern, fast-paced lifestyle of many Canadians. Life can become overwhelming. Although we are often unable to change certain environmental stressors and life circumstances, we can support the body's resiliency to stress.

**Cyto·Theanine** is designed to improve the stress response and reduce anxiety with a gentle, yet effective, approach.

**L-theanine** is a single amino acid naturally found in green tea that is well-known to calm the mind and improve focus. Research has found that **L-theanine** can positively act on various neurotransmitters in the brain such as serotonin, dopamine and GABA, ultimately leading to an

increase in alpha-brain waves and a calm, yet focused, state. Clinical trials have confirmed that these actions lead to reduced anxiety in individuals given supplemental **L-theanine**, with animal studies showing that it can also improve learning capacity.

**L-theanine** has many potential applications outside of cognition and mental health. The cardiovascular benefits have been demonstrated through blood pressure reductions and inhibition of LDL cholesterol oxidation. Supplementation has also been documented to increase glutathione levels, protect healthy cells from chemotherapeutic agents, protect the liver and improve measures of immunity. Collectively, **L-theanine** balances the

## Key points

- Indicated for calming mood, increasing focus, improving sleep and reducing stress
- Causes relaxation without drowsiness or sedation
- 250mg of L-theanine, per capsule
- 20mg of magnesium bisglycinate per capsule to synergistically work with L-theanine for cognitive and mood benefits

nervous system and provides potent antioxidant support to protect the body from damage.

**Magnesium** is arguably one of the most important minerals when it comes to mental health and cognition. It is necessary for maintaining proper nerve function, creating cellular energy in the mitochondria, activating GABA receptors and blocking the action of glutamate at NMDA receptors. Collectively, suboptimal magnesium levels create a pro-inflammatory and excitatory state in the brain. Clinical trials and large-scale evidence has

shown that magnesium can be helpful in cases of fatigue, anxiety, depression, insomnia, attention-deficit hyperactive disorder (ADHD), dementia and stress.

**Cyto-Theanine** combines 250mg of pure L-theanine and 20mg of magnesium bisglycinate in each vegetable capsule for optimal relaxation and cognitive support. **Cyto-Theanine** can be used acutely or preventatively for improved mood, cognition, sleep and stress-coping, without the risk of drowsiness or sedation.

## Related products

Cyto-Calm

Cyto B-Complex

Mag Sleep-Matrix

Magnesium Bis-Glycinate Liquid

Magnesium Bis-Glycinate 200mg

**Non-Medicinal Ingredients:** Vegetable-grade magnesium stearate.

Capsule: hypromellose.

**Indications:** Helps to temporarily promote relaxation.

**Directions:** Adults - Take 1 capsule per day or as directed by a healthcare professional.

**Warnings:** Do not use if safety seal is broken.