

L-Theanine

L-Theanine is responsible for some of the health benefits found with black and green tea and certain mushrooms. It is an antioxidant, which means it protects cells in the body and brain. It also balances neurotransmitters and hormones involved in the stress response, including gaba, serotonin, and noradrenaline.

L-Theanine is the reason that tea is more soothing than coffee. Caffeine in tea and coffee raises blood pressure and anxiety, but the L-theanine counteracts that effect. In medicinal form, concentrated L-Theanine improves concentration, memory, sleep, and anxiety.







Quick Facts: Theanine	
How natural?	An ingredient in tea, it is a natural part of our diet. A cup of black and green tea contains around 20-40mg of L-theanine.
Benefits	Anxiety in schizophrenia Sleep in children with ADHD Stress and anxiety, and memory, concentration, and attention in the general population May prevent the blood-pressure elevating effects of caffeine
Side effects	Rare. Possible low blood pressure.
How to find it	We keep updated links to the best product for the price at: www.moodtreatment.com/products (under Vitamins & Herbs) <i>Suntheanine</i> is the best studied brand, but all the brands tested by ConsumerLabs had good quality and safety (see back). The lowest cost option in their testing was: ★Swanson Ultra Suntheanine (44 cent/day for 400mg/day)
Dose	For schizophrenia: 200mg twice a day For sleep in ADHD: 200mg twice a day For anxiety/stress: 50-200mg before stressful event For cognition: 100mg/day

—Chris Aiken, M.D., updated 2/23/2021




RESULTS OF CONSUMERLAB.COM TESTING OF L-THEANINE SUPPLEMENTS

Click on [\\$ Price Check](#) beneath a product name to find a vendor that sells it.
To find retailers that sell some of the listed products [click here](#).

Product Name, Amount of L-Theanine per Unit, Serving Size, and Suggested Daily Serving on Label Click on "Ingredients" for Full Listing	Claimed Amount of L-Theanine Per Suggested Daily Serving on Label	--TEST RESULTS-- (See How Products Were Evaluated)			Cost for Daily Suggested Serving on Label [Cost for 200 mg of L-Theanine] Other Notable Features ¹ Price Paid
		OVERALL RESULTS: APPROVED or NOT APPROVED	Contained Listed Amounts of L-Theanine	Disintegrated Properly (NA = Not Applicable)	
Bluebonnet L-Theanine 150 mg (150 mg per vcap; 1 vcap, once daily) Mfd. by Bluebonnet Nutrition Corporation Ingredients \$ Price Check 	150 mg (Suntheanine®)	APPROVED	✓	NA	\$0.52 [0.69] <i>Kosher, suitable for vegetarians, free of wheat, gluten and yeast</i> \$31.16/60 vcaps
Country Life® L-Theanine (200 mg per vegan capsule; 1 vegan capsule, once daily) Mfd. by Country Life, LLC Ingredients \$ Price Check 	200 mg (Suntheanine®)	APPROVED	✓	NA	\$0.32 [0.32] Vitamin B <i>Kosher, suit for vegans, GMO, no w and yeast, g free</i> \$19.19/60 vegan capsules
GNC L-Theanine (200 mg per capsule; 1 capsule, once daily) ³  Dist. by General Nutrition Corporation Ingredients \$ Price Check	200 mg (Suntheanine®)	APPROVED	✓	NA	\$0.45 [0.45] <i>No wheat and gluten, yeast free</i> \$26.99/60 capsule
Jarrow Formulas® L-Theanine 200 (200 mg per capsule; 1 capsule, once daily) Dist. by Jarrow Formula® Ingredients \$ Price Check 	200 mg (Suntheanine®)	APPROVED	✓	NA	\$0.28 [0.28] <i>No wheat and gluten</i> \$16.79/60 capsules

<p>LifeExtension® L-Theanine (100 mg per vegetarian capsule; 1 vegetarian capsule, once to four times daily)</p>  <p>Dist. by Quality Supplements and Vitamins, Inc. Ingredients \$ Price Check</p>	100 mg to 400 mg (Suntheanine®)	APPROVED	✓	NA	\$0.30-\$1.20 [\$0.60] \$18.00/60 vegetarian capsules
<p>NOW® L-Theanine Double Strength (200 mg per veg capsule; 1 veg capsule, once to twice daily)</p>  <p>Dist. by NOW Foods Ingredients \$ Price Check</p>	200 mg to 400 mg	APPROVED	✓	NA	\$0.28-\$0.55 [\$0.28] Inositol <i>Not manufactured with wheat and gluten</i> \$16.56/60 veg capsules

Product Name, Amount of L-Theanine per Unit, Serving Size, and Suggested Daily Serving on Label Click on "Ingredients" for Full Listing	Claimed Amount of L-Theanine Per Suggested Daily Serving on Label	--TEST RESULTS-- (See How Products Were Evaluated)			Cost for Daily Suggested Serving on Label [Cost for 200 mg of L-Theanine] Other Notable Features Price Paid
		OVERALL RESULTS: APPROVED or <i>NOT</i> APPROVED	Contained Listed Amounts of L-Theanine	Disintegrated Properly (NA = Not Applicable)	
<p>Puritan's Pride® L-Theanine (100 mg per capsule; 2 capsules, once daily) </p> <p>Mfd. by Puritan's Pride, Inc. Ingredients</p>	200 mg	APPROVED	✓	NA	\$0.60 [\$0.60] <i>No wheat, g. and yeast</i> \$8.99/30 cap
<p>Solgar® L-Theanine 150 mg (150 mg per vegetable capsule; 1 vegetable capsules, twice daily) </p> <p>Mfd. by Solgar, Inc. Ingredients \$ Price Check</p>	300 mg (Suntheanine®)	APPROVED	✓	NA	\$0.82 [\$0.55] <i>Kosher, free of wheat, gluten and yeast</i> \$24.71/60 vegetable capsules
<p>Source Naturals® L-Theanine (200 mg per capsule; 1 capsule, once to twice daily)</p>  <p>Dist. by Source Naturals, Inc. Ingredients \$ Price Check</p>	200 mg to 400 mg	APPROVED	✓	NA	\$0.24-\$0.48 [\$0.24] <i>Contains no wheat, gluten and yeast, hypoallergenic</i> \$14.45/60 capsules

<p>Swanson Ultra® Suntheanine® (200 mg per veggie capsule; 1 veggie capsule, once daily)</p>  <p>Dist. by Swanson Health Products Ingredients</p>	<p>200 mg (Suntheanine®)</p>	<p>APPROVED</p>	<p>✓</p>	<p>NA</p>	<p>\$0.22 [\$0.22] Lowest cost for CL Approved L-theanine <i>Suitable for vegetarians</i> \$12.99/60 veggie capsules</p>
<p>Thorne Research Theanine (200 mg per vegetarian capsule; 1 capsule, once to three times daily)</p>  <p>Mfd. by Thorne Research, Inc. Ingredients Price Check</p>	<p>200 mg to 400 mg (Suntheanine®)</p>	<p>APPROVED</p>	<p>✓</p>	<p>NA</p>	<p>\$0.58-\$1.74 [\$0.58] \$52.10/90 vegetarian capsules</p>
<p>TwinLab® L-Theanine Dots™ - Natural Tangerine Flavor (50 mg per tablet; 2 tablets, once to twice daily)</p>  <p>Mfd. by TwinLab Corporation Ingredients Price Check</p>	<p>100 mg to 200 mg</p>	<p>APPROVED</p>	<p>✓</p>	<p>✓</p>	<p>\$0.20-\$0.4 [\$0.40] <i>No added w and yeas</i> \$5.99/60 tab</p>
<p>Similar to Approved Products*:</p>					
<p>Vitamin World® L-Theanine (100 mg per capsule; 2 capsules, once daily)</p> <p>Mfd. by Vitamin World, Inc. Ingredients</p>	<p>Similar to Puritan's Pride® L-Theanine.</p>				<p>\$0.57 [\$0.57] <i>No wheat, gluten and yeast</i> \$16.99²/60 capsules</p>