



# Health Matters

by  
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Natural Foods Market

Many people are looking for a more natural, yet effective way to reduce anxiety, improve sleep and enhance concentration. L-theanine, a neurologically-active amino acid naturally found in green tea has been shown to have these benefits.

Jacob Teitelbaum, M.D., Director of the Fibromyalgia and Fatigue Center of America says "L-theanine is the most effective remedy, natural or prescription, for increasing deep sleep, which is when you produce growth hormone, recharge your batteries and dissipate pain and anxiety." He recommends 200 mg at bedtime for sleep and/or during the day for anxiety.

As a safe, natural antidote to the harmful effects of modern-day stress, L-theanine enhances alpha brain waves, the state in which our brain can attain relaxation and deep sleep, as well as improved cognitive function, memory and concentration. It's available in capsules or convenient chewable tablets.

As always, we guarantee your satisfaction.

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