

## L-theanine

Cat. No. EXTZ-327

Lot. No. (See product label)

### Introduction

#### Description

L-Theanine in the natural world, it only exists in tea plants, accounting for 1% to 2% of the dry weight of tea leaves, it exists in a free form and is the main amino acid in tea, accounting for about 50% of all free amino acids. Theanine is essential for the human body, but it cannot be synthesised in the human body and has to be supplied from outside. People think that drinking tea can relax their emotions, in fact, it is the theanine in tea that plays a role, theanine not only gives tea flavour, but also has a significant relaxation effect. In today's society, everyone suffers from a variety of mental stress, and theanine can make people feel relaxed.

#### Applications

L-Theanine is used as a food additive in products such as beverages, biscuits, confectionery, ice cream and icing sugar.

### Product Information

#### Appearance

White crystalline powder

#### CAS No.

3081-61-6

#### Molecular Formula

C<sub>7</sub>H<sub>14</sub>N<sub>2</sub>O<sub>3</sub>

#### Purity

98.0-102.0%

#### Function

Reduce blood pressure: The regulation of blood pressure mainly relies on catecholamines and 5-hydroxytryptamine, L-theanine can reduce the level of 5-hydroxytryptamine. Sedative effect: As we all know, tea contains caffeine with excitatory effect, but people feel relaxed, serene, relaxed state of mind when drinking tea, the excitement of the mood but tend to calm down, it has been proved that this is mainly the role of L-theanine. Improve learning ability: L-theanine can significantly affect the release or reduction of neurotransmitters such as dopamine and 5-hydroxytryptophan, these neurotransmitters are closely related to memory and learning ability, so you can examine the effect of L-theanine on memory and learning ability. Relaxation function: Generally, weak brain waves are generated in the surface layer of the brain in animals and humans, which can be classified into four types according to their frequencies namely alpha, beta, delta and theta waves, each of which is related to the mental condition of an individual, while alpha waves are associated with relaxation. Some experiments have shown that after absorbing L-theanine for 40 minutes, obvious alpha brain waves can be detected on the surface of the brain, which suggests that L-theanine can promote the production of alpha brain waves and bring people into a state of relaxation.

### Usage and Packaging

#### Package

25KG/Drum with double plastic bag of foodstuff inside

### Storage and Shipping Information

#### Storage

Store in a cool, ventilated and dry place, avoid direct sunlight.