

Please Take One!



SUPPLEMENT OF THE MONTH: L-Theanine

What is L-Theanine and where is it found?

L-theanine is an amino acid commonly found in green tea and in some types of mushrooms. L-theanine can cross the blood-brain barrier and positively affect brain chemistry and modulate mood. Its chemical structure is similar to the amino acid, glutamate, and it acts as a glutamate antagonist to suppress glucocorticoids, which are stress hormones that negatively affect mood and memory.

What are the benefits?

L-theanine is used to treat anxiety and high blood pressure, and it is also used to prevent dementia. L-theanine has also been shown to have immunological effects and boost the body's response to infection.

L-Theanine also helps reduce alcohol damage to the liver by helping to restore glutathione, which is the liver's all-purpose antioxidant and detoxifier. Glutathione is also important for cancer patients because a depletion of glutathione may cause chemotherapy toxicity. L-theanine may prevent drug-induced losses of glutathione in some vital organs, such as the heart. Additionally, glutathione may block tumors from getting glutathione, and therefore increase the effectiveness of certain cancer drugs. L-theanine helps restore balance.

Are there interactions with food or medications?

L-theanine may inhibit the stimulating effects of caffeine-containing herbs and supplements. Consult a doctor before taking it with other drugs or herbs for hypertension.

Are there side effects?

None reported.