

Enhanced Stress Relief

Promotes a healthy response to stress

Item #00987 • 30 vegetarian capsules

Overstressed? Losing sleep? Sometimes it seems impossible to bring a sense of calm back into your life. It's time to try something new.

Life Extension® has created **Enhanced Stress Relief**, a calming formula made with **lemon balm** and **L-theanine**, two ingredients **scientifically validated** to help promote sleep and relaxation.¹⁻³

The Cyracons® *lemon balm extract* used in this product is prepared from a special lemon balm chosen for its high concentrations of *hydroxycinnamic* and *rosmarinic acids*.

L-theanine, an amino acid derived from green tea, is a natural relaxant that has been used by the Japanese for years. Those who have taken L-theanine compare it to a *massage, meditation session*, and *aromatherapy* rolled into one.²

Based on a tremendous amount of published data, Life Extension® combined these two ingredients with the idea of providing the ultimate calming experience.

BEWARE OF IMITATIONS: The L-theanine used in Enhanced Stress Relief is Suntheanine®, the only pure form of L-theanine available worldwide and the only form protected by 40 internationally recognized patents and scientifically proven in clinical studies to be safe and efficacious. Independent laboratory analysis has verified that certain other products on the market claiming to contain "L-theanine" are only half L-theanine, the other half being a different form of theanine known as "D-theanine" that has not been scientifically evaluated in published studies.

Suntheanine® is a registered trademark of Taiyo International, Inc. Use of Suntheanine® is protected by US Trademark Registration No. 2,548,957. Cyracons® is a registered trademark of Naturex, Inc.

References:

1. *Neuropsychopharmacology*. 2003 Oct;28(10):1871-81.
2. *J Herb Pharmacother*. 2006;6(2):21-30.
3. *Biochem Biophys Res Commun*. 2004 Jul 16;320(1):116-22.



Each vegetarian capsule contains:

Cyracons® Lemon Balm 300 mg
Extract (aerial part)

Suntheanine® (L-Theanine) 200 mg

Other ingredients: vegetable cellulose (capsule),
rice flour, L-leucine.

Note that the amount of L-theanine in this product is double that of most L-theanine stand-alone supplements. The reason for this potency increase is reports of greater benefit when at least 200 mg of L-theanine are taken.

Non-GMO

Dosage and use

- Take one capsule once or twice daily (morning and evening) with or without food, or as recommended by a healthcare practitioner.

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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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