

EXPERTS AGREE ON THE BENEFITS OF SUNTHEANINE



Sherry Torkos, B. Sc. Phm.
Holistic Pharmacist

Sherry Torkos is a leading health expert and certified fitness instructor who has authored 14 books on health and natural medicine. She is a frequent guest on radio and TV talk shows, where she discusses a variety of complementary medicine and health topics.



Michael R. Lyon, BSc, MD
Researcher and Physician

Based in Vancouver, B.C., Dr. Lyon heads up a team of clinicians and researchers dedicated to biotechnology, nutritional and natural health product research. He also is an Adjunct Professor in the Food, Nutrition and Health Program at University of British Columbia.



Johnny Gillespie
CSCS, NSCA-CPT, e-RYT
Personal Trainer and Yoga Instructor

Johnny Gillespie founded Empowered Yoga, and is a national presenter with the National Strength & Conditioning Association (NSCA), where he teaches the Balanced Athlete Program. He holds numerous fitness certifications including the NSCA, Certified Personal Trainer, and Certified Strength and Conditioning Specialist.



Cathleen London, M.D.
Family Physician and Triathlete

As a board certified family medicine physician, Dr. London believes in an integrative, holistic approach to healthcare which utilizes a combination of western, allopathic medicine, diet and lifestyle modification, nutritional supplements and herbal medicines when appropriate. She also is an experienced triathlete.

Suntheanine®

Relax, Refresh, Revive



5960 Golden Hills Drive
Minneapolis, MN 55416 USA
(763) 398-3003 Fax: (763) 398-3007
sales@taiyoint.com

Suntheanine®

www.suntheanine.com



The award-winning, patented dietary ingredient for stress and well-being

Suntheanine®

THE AWARD-WINNING, PATENTED DIETARY INGREDIENT FOR STRESS AND WELL-BEING.



What is Suntheanine?

It has been estimated that nearly 65 percent of the adult population experiences some form of stress, and these numbers are continually rising. Since ancient times, it has been said that drinking green tea induces relaxation. A pioneer in the science of green tea, Taiyo found this relaxation effect to be due to the presence of the amino acid L-theanine, found almost exclusively in tea. Clinical research suggests that 50 – 200 mg Suntheanine naturally stimulates activity in the brain known as alpha waves, which are associated with a relaxed but alert mental state. Suntheanine is the trade name for Taiyo's patented, pure form L-theanine.

How does it work?

Human clinical trials have shown Suntheanine to promote an alert state of relaxation without drowsiness, as indicated by an increase in Alpha brain waves, and a decrease in Beta brain waves.

The brain emits weak electrical impulses that can be measured on the surface of the head, which are classified based on their frequency:

Brain Wave	Frequency (Hz)	Mental Effect
Delta	0.5-3.0	Sound Sleep
Theta	4.0-7.0	Dozing/Sleeping
Alpha	8.0-13.0	Relaxed, Alert State
Beta	> 14.0	Awake, Excited State

Additional human clinical research suggests that Suntheanine may have application in improving the quality of sleep, diminishing normal symptoms of premenstrual syndrome (PMS), improving learning performance, heightening mental acuity, promoting concentration, reducing negative side effects of caffeine and supporting the immune system.

Is it safe?

Suntheanine has been shown to be safe based on numerous favorable toxicology and efficacy studies. Unlike other stress reducing supplements, Suntheanine does not cause drowsiness. Suntheanine has been consumed in beverages, foods and supplements since 1994 with no indication of adverse reactions or contraindications. The GRAS Affirmation (Generally Recognized as Safe) of Suntheanine received confirmation from the US FDA in 2007 for its use in a number of food and beverage categories (GRN 000209).

Award Winning, Patented Technology

Suntheanine was awarded the "Food Ingredient Research Award" at the Food Ingredients Europe and "Best New Product" at Nutracon. Suntheanine is protected by over 60 U.S. and international patents for its various physiological efficacies and L-isomer specific production processes.



Recipient of Nutraceutical of the Year Nutracon & Food Ingredient Research Award FIE

To learn more about Suntheanine, visit www.suntheanine.com

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.

