ire you just sleepi urn your sleep into the best

sleep, which is why the focus is on "sleep quality" well rested in short amount of time product supports your daily sleep schedule to enable you to be In the modern world, it is difficult to increase one's amount of L-Theanine 200mg L-Tryptophan **GABA**

Sleeping Improvement supplement

**It is also possible to add health claims about stress.

Foods with Functional Claims

Functional substance: L-Theanine

Submitted Claim: This product contains L-Theanine. It has been reported that L-Theanine supports good-quality sleep at night (by reducing the level of fatigue and sleepiness when going to bed).

The Consumer Affairs Agency has been notified that this product is labeled as promising usage for designated health purposes under vendor responsibility. However, unlike the food for specified health uses (FOSHU), this product has not undergone individual inspection by the Consumer Affairs Agency.





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