

# L-Theanine

L-Theanine is a natural antioxidant that improves depression and anxiety. It is an extract of tea, and it balances the effects of caffeine, which is part of the reason that tea causes less anxiety, insomnia, and hypertension than coffee.

L-Theanine protects cells in the body and brain. It balances neurotransmitters and hormones involved in the stress response, including GABA, glutamate, serotonin, and noradrenaline.

—Chris Aiken, MD, updated 6/23/2025

<b>L-Theanine</b>	
<b>How natural?</b>	An ingredient in tea, it is a natural part of our diet. A cup of black and green tea contains around 20-40mg of L-theanine.
<b>Benefits</b>	Depression, Anxiety Sleep in children with ADHD Stress and anxiety, and memory, concentration, and attention in the general population
<b>Side effects</b>	Rare
<b>How to find it</b>	Find recommended products at: <a href="http://www.chrisaikenmd.com/supplements">www.chrisaikenmd.com/supplements</a>  <i>Suntheanine</i> is the best studied brand, but all the brands tested by ConsumerLabs had good quality and safety (see back). The lowest cost option in their testing is: ★Swanson Ultra Suntheanine (44 cent/day for 400mg/day)
<b>Dose</b>	For schizophrenia: 200mg twice a day For sleep in ADHD: 200mg twice a day For anxiety/stress: 50-200mg before stressful event For cognition: 100mg/day

**RESULTS OF CONSUMERLAB.COM TESTING OF L-THEANINE SUPPLEMENTS**

Click on [\\$ Price Check](#) beneath a product name to find a vendor that sells it.

To find retailers that sell some of the listed products [click here](#).

Product Name, Amount of L-Theanine per Unit, Serving Size, and Suggested Daily Serving on Label  Click on "Ingredients" for Full Listing	Claimed Amount of L-Theanine Per Suggested Daily Serving on Label	--TEST RESULTS-- (See <a href="#">How Products Were Evaluated</a> )			Cost for Daily Suggested Serving on Label  [Cost for 200 mg of L-Theanine]  Other Notable Features <sup>1</sup>  Price Paid
		OVERALL RESULTS:  APPROVED or <b>NOT APPROVED</b>	Contained Listed Amounts of L-Theanine	Disintegrated Properly  (NA = Not Applicable)	
Bluebonnet L-Theanine 150 mg (150 mg per vcap; 1 vcap, once daily)   Mfd. by Bluebonnet Nutrition Corporation <a href="#">Ingredients</a> <a href="#">\$ Price Check</a>	150 mg (Suntheanine®)	APPROVED	✓	NA	\$0.52 [\$0.69]  <i>Kosher, suitable for vegetarians, free of wheat, gluten and yeast</i>  \$31.16/60 vcaps
Country Life® L-Theanine (200 mg per vegan capsule; 1 vegan capsule, once daily)   Mfd. by Country Life, LLC <a href="#">Ingredients</a> <a href="#">\$ Price Check</a>	200 mg (Suntheanine®)	APPROVED	✓	NA	\$0.32 [\$0.32]  Vitamin B  <i>Kosher, suit for vegans, GMO, no w and yeast, g free</i>  \$19.19/60 vegan capsules
GNC L-Theanine (200 mg per capsule; 1 capsule, once daily) <sup>3</sup>  Dist. by General Nutrition Corporation <a href="#">Ingredients</a> <a href="#">\$ Price Check</a>	200 mg (Suntheanine®)	APPROVED	✓	NA	\$0.45 [\$0.45]  <i>No wheat and gluten, yeast free</i>  \$26.99/60 capsule
Jarrow Formulas® L-Theanine 200 (200 mg per capsule; 1 capsule, once daily)   Dist. by Jarrow Formula® <a href="#">Ingredients</a> <a href="#">\$ Price Check</a>	200 mg (Suntheanine®)	APPROVED	✓	NA	\$0.28 [\$0.28]  <i>No wheat and gluten</i>  \$16.79/60 capsules

<p>LifeExtension® L-Theanine (100 mg per vegetarian capsule; 1 vegetarian capsule, once to four times daily)</p>  <p>Dist. by Quality Supplements and Vitamins, Inc.  <a href="#">Ingredients</a>  <a href="#">\$ Price Check</a></p>	100 mg to 400 mg (Suntheanine®)	APPROVED	✓	NA	\$0.30-\$1.20 [\$0.60] \$18.00/60 vegetarian capsules
<p>NOW® L-Theanine Double Strength (200 mg per veg capsule; 1 veg capsule, once to twice daily)</p>  <p>Dist. by NOW Foods  <a href="#">Ingredients</a>  <a href="#">\$ Price Check</a></p>	200 mg to 400 mg	APPROVED	✓	NA	\$0.28-\$0.55 [\$0.28] Inositol <i>Not manufactured with wheat and gluten</i> \$16.56/60 veg capsules

<b>Product Name, Amount of L-Theanine per Unit, Serving Size, and Suggested Daily Serving on Label</b>  Click on "Ingredients" for Full Listing	<b>Claimed Amount of L-Theanine Per Suggested Daily Serving on Label</b>	<b>--TEST RESULTS-- (See <a href="#">How Products Were Evaluated</a>)</b>			<b>Cost for Daily Suggested Serving on Label</b>  <b>[Cost for 200 mg of L-Theanine]</b>  <b>Other Notable Features</b>  <b>Price Paid</b>
		<b>OVERALL RESULTS:</b>  <b>APPROVED or <i>NOT</i> APPROVED</b>	<b>Contained Listed Amounts of L-Theanine</b>	<b>Disintegrated Properly</b>  (NA = Not Applicable)	
<p>Puritan's Pride® L-Theanine (100 mg per capsule; 2 capsules, once daily) </p> <p>Mfd. by Puritan's Pride, Inc.  <a href="#">Ingredients</a></p>	200 mg	APPROVED	✓	NA	\$0.60 [\$0.60] <i>No wheat, g. and yeast</i> \$8.99/30 cap
<p>Solgar® L-Theanine 150 mg (150 mg per vegetable capsule; 1 vegetable capsules, twice daily) </p> <p>Mfd. by Solgar, Inc.  <a href="#">Ingredients</a>  <a href="#">\$ Price Check</a></p>	300 mg (Suntheanine®)	APPROVED	✓	NA	\$0.82 [\$0.55] <i>Kosher, free of wheat, gluten and yeast</i> \$24.71/60 vegetable capsules
<p>Source Naturals® L-Theanine (200 mg per capsule; 1 capsule, once to twice daily)</p>  <p>Dist. by Source Naturals, Inc.  <a href="#">Ingredients</a>  <a href="#">\$ Price Check</a></p>	200 mg to 400 mg	APPROVED	✓	NA	\$0.24-\$0.48 [\$0.24] <i>Contains no wheat, gluten and yeast, hypoallergenic</i> \$14.45/60 capsules

<p>Swanson Ultra® Suntheanine® (200 mg per veggie capsule; 1 veggie capsule, once daily)</p>  <p>Dist. by Swanson Health Products <a href="#">Ingredients</a></p>	<p>200 mg (Suntheanine®)</p>	<p>APPROVED</p>	<p>✓</p>	<p>NA</p>	<p>\$0.22 [<del>\$0.22</del>] <b>Lowest cost for CL Approved L-theanine</b>  <i>Suitable for vegetarians</i> \$12.99/60 veggie capsules</p>
<p>Thorne Research Theanine (200 mg per vegetarian capsule; 1 capsule, once to three times daily)</p>  <p>Mfd. by Thorne Research, Inc. <a href="#">Ingredients</a> <a href="#">Price Check</a></p>	<p>200 mg to 400 mg (Suntheanine®)</p>	<p>APPROVED</p>	<p>✓</p>	<p>NA</p>	<p>\$0.58-\$1.74 [<del>\$0.58</del>] \$52.10/90 vegetarian capsules</p>
<p>TwinLab® L-Theanine Dots™ - Natural Tangerine Flavor (50 mg per tablet; 2 tablets, once to twice daily)</p>  <p>Mfd. by TwinLab Corporation <a href="#">Ingredients</a> <a href="#">Price Check</a></p>	<p>100 mg to 200 mg</p>	<p>APPROVED</p>	<p>✓</p>	<p>✓</p>	<p>\$0.20-\$0.40 [<del>\$0.40</del>] <i>No added wheat and yeast</i> \$5.99/60 tablets</p>
<p><b>Similar to Approved Products*:</b></p>					
<p>Vitamin World® L-Theanine (100 mg per capsule; 2 capsules, once daily)</p> <p>Mfd. by Vitamin World, Inc. <a href="#">Ingredients</a></p>	<p>Similar to Puritan's Pride® L-Theanine.</p>				<p>\$0.57 [<del>\$0.57</del>] <i>No wheat, gluten and yeast</i> \$16.99<sup>2</sup>/60 capsules</p>