EndurPro™

Suntheanine® SR

Sustained Release



Brain Health + Relaxation Support*

What Is It?*

Suntheanine® SR is specially formulated with SmartMatrix™ sustained-release tablet technology to gradually deliver Suntheanine® over several hours. The tablet releases up to 40% quickly for immediate support, while the remaining 60% is released slowly to provide longer-lasting effects.

Product Availability

Bottle Size(s):
– 200 mg, 90 tablets
– 400 mg, 30 tablets

How Does It Work?*

Since L-theanine has a similar structure to glutamate and can bind to glutamate receptors in the brain, researchers believe this is the main action responsible for its ability to help the body manage stress and reduce its negative effects.[1]

After ingestion, L-theanine has the ability to cross the blood-brain barrier from 30 minutes up to 5 hours. In the brain, L-theanine is reported to exert its calming effect by several actions:[2]

- Modulating neurotransmitter activity: L-theanine may influence the transport and activity of glutamine and glutamate, key neurotransmitters involved in mental alertness and calmness.
- Interacts with brain receptors: L-theanine can interact with certain glutamate receptors in the brain, which may help promote a calm and relaxed mental state.
- Supports the growth of new brain cells: L-theanine may help support neurogenesis. Stress can reduce the growth of new brain cells, but L-theanine has been shown to help support neurogenesis.

Suggested Use: As a dietary supplement for adults, take one (1) tablet daily with food or as directed by your healthcare professional.

Other Ingredients: Vegetable wax (rice bran and/or carnauba), stearic acid (vegetable), magnesium stearate (vegetable), and silica.

Supplement Facts
Serving Size 1 Tablet

Amount Per Serving	% DV
L-Theanine (Suntheanine®) 200 mg	*

* Daily Value (DV) not established.

Supplement Facts
Serving Size 1 Tablet

Amount Per Serving	% DV
L-Theanine (Suntheanine®) 400 mg	*

* Daily Value (DV) not established.

This information is for healthcare professionals only to inform patient treatment and is not intended for consumer use.
***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.**

www.endurpro.com
PO Box 3810, Tualatin, OR 97062
Phone: 1-800-483-253 | Fax: 1-503-639-9564

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Research Highlights*

Promotes Calm, Relaxation
Typical Dosage 200-400 mg/day

Randomized, double-blind, placebo-controlled trials indicate L-theanine helps reduce stress and promote a positive mood. Effective amounts include both a single dose (200 mg)[3,4] and 200-400 mg/day for up to 4 weeks. [5,6,7]

Supports Cognitive Function
Typical Dosage 100-200 mg/day

Randomized, placebo-controlled clinical trials indicate a single dose of L-theanine (100-200 mg) supports optimal cognitive function in healthy adults, including promoting optimal reaction times in attention tasks in healthy young adults;[8] visual attention and reaction time in healthy adults under stress;[9] and attention, working memory, and executive function in middle-aged and older adults.[10]

Promotes Sleep Quality
Typical Dosage 100-400 mg/day

A recent meta-analysis[11] of 18 clinical trials found L-theanine promotes overall sleep quality, including the ability to fall asleep quickly and reduced daytime sleepiness. Most studies used 100–400 mg/day, most often 200 mg/day. L-Theanine was typically taken 30–60 minutes before bedtime, either as a single dose or daily for several weeks.

Ingredient Spotlight: Suntheanine®

Suntheanine® SR

High Purity
The patented fermentation process yields no less than 98% L-isomer, ensuring a reliable and effective standardized ingredient.

Robust Research Portfolio
Supported by extensive research, including clinical trials, animal safety studies, and mechanism of action investigations.

Excellent Safety Profile
Generally Recognized as Safe (GRAS) status and approvals by international food authorities underscore its strong safety profile.

SmartMatrix is a trademark of Innovite, Inc. Suntheanine® is a registered trademark of Taiyo International, Inc.

References

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7. Evans M, et al. Neurol Ther. 2021;10(2):1061-1078.
8. Dassanayake TL, et al. Nutr Neurosci. 2023;26(11):1138-1146.
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10. Baba Y, et al. J Med Food. 2021;24(4):333-341.
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