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All ▼ brain supplement

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(3 Pack) 250MG L-THEANINE, Calming Alertness + Focus in Organic Flaxseed Oil, Non-GMO & Gluten Free, 150 Liquid Softgels

82 customer reviews | 9 answered questions



- About the product
- *** 3 BOTTLES ***
 - ALERT STATE OF RELAXATION WITHOUT DROWSINESS - LTheanine is an Amino Acid derived from Green Tea that Enhances Mental Clarity & Focus, Helps Moderate Occasional Stress + Anxiety & Helps to Prevent Jitters Caused from Too Much Caffeine Consumption
 - DON'T SETTLE FOR 200MG L-THEANINE POWDER CAPSULES - Advanced Formula Extra Strength 250mg L-Theanine Liquid Softgels Made With Organic Flaxseed Oil For Superior Absorption & Extra Brain Support.
 - NO BS (Bad Stuff): Gluten, Corn, Eggs, Milk, Wheat, Peanut, Maltodextrin, Soy, Lactose, Carrageenan, Magnesium Stearate, or Dioxides.
 - SMARTERVITAMINS - We're creating the future of supplements, today.

Frequently bought together

+

+

Total price:
\$89.97

Add all three to Cart

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- ☒ **This item:** (3 Pack) 250MG L-THEANINE, Calming Alertness + Focus in Organic Flaxseed Oil, Non-GMO & Gluten Free... **\$24.99** (\$0.17 / Count)
- ☒ (3 Pack) Brain Support Nootropic Supplement, Memory, Alertness, Brain Health, Brain Function, Made... **\$29.99** (\$0.17 / Count)
- ☒ (3-Pack) 200mg Caffeine Pills with 100mg L-Theanine for Energy, Focus and Clarity + Coconut MCT Oil... **\$34.99** (\$0.23 / Count)

Sponsored products related to this item

Price: **\$24.99** (\$0.17 / Count)
FREE Shipping on orders over \$25—or get **FREE Two-Day Shipping** with **Amazon Prime**

In Stock. Sold by **SmarterVitamins** and **Fulfilled by Amazon.**

Want it Thursday, June 20? Order within **8 hrs 48 mins** and choose **Two-Day Shipping** at checkout. [Details](#)

prime

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viva naturals.
Omega 3 Fish Oil Supplement 2,200mg, 180 Softgels.
Viva Naturals Fish Oil Supplement, 180 Capsules - Highly Concentrated ...
1,967

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Shop Our Favorite Ashwagandha Powder
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MAJU's Ashwagandha Powder

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(3 Pack) Brain Support Nootropic Supplement, Memory, Alertness, Brain Health, Brain...

71

\$29.99



250MG L-THEANINE, Calming Alertness + Focus in Organic Flaxseed Oil, Non-GMO & Glut...

155

\$14.99



Suntheanine® L-Theanine 200mg (Double-Strength) in Cold-Pressed Organic Coconut Oil...

2,675

\$17.95



Dr. Amen brainMD Brain & Body Power Max - 420 Capsules - Complete Wellness Support ...

11

\$118.96



Organic Lions Mane Mushroom Capsules - 2100 mg Max Capsule Dose + Absorption...

140

\$21.95



HCF E with / Vitamins Focus

\$39.9

[Ad feedback](#)

What other items do customers buy after viewing this item?



Suntheanine® L-Theanine 200mg (Double-Strength) in Cold-Pressed Organic Coconut Oil; Non-GMO & Gluten Free - 60 Liquid Softgels

2,675

\$17.95



250MG L-THEANINE, Calming Alertness + Focus in Organic Flaxseed Oil, Non-GMO & Gluten Free, 50 Liquid Softgels, Natural Anti Stress & Calm L Theanine Pills

155

\$14.99



L-Theanine 200mg by Nature's Trove - 120 Vegetarian Capsules

999

\$9.45



L-Theanine 200mg Super Value Size - 365 Vegetarian Capsules

253

\$21.45

Special offers and product promotions

- Your cost could be \$0.00 instead of \$24.99! Get a **\$50 Amazon.com Gift Card** instantly upon approval for the **Amazon Rewards Visa Card** [Apply now](#)

Have a question?

Find answers in product info, Q&As, reviews

Product Description



2.5X Strength 250mg L-Theanine

Made with Organic Flaxseed Oil.

Includes Brain Beneficial Omegas

- ▶ Promotes Relaxation While Maintaining Alertness*
- ▶ Promotes Healthy Cognitive Function*



2.5X Strength 250MG L-THEANINE Liquid Softgels with Organic Flaxseed Oil by SmarterVitamins



ADVANCED L-THEANINE FORMULA.



ALERTNESS

L-Theanine, also known as a *nootropic*—a cognitive enhancing drug (and 100% legal, in this case)—**theanine** can help improve cognitive function.

L-theanine affects the brain in a number of ways. It is known to amplify alpha brain waves, allowing for a type of calm alertness and even heightened creativity.



RELAXATION

L-Theanine may help relaxation because it closely resembles the neurotransmitter glutamate.

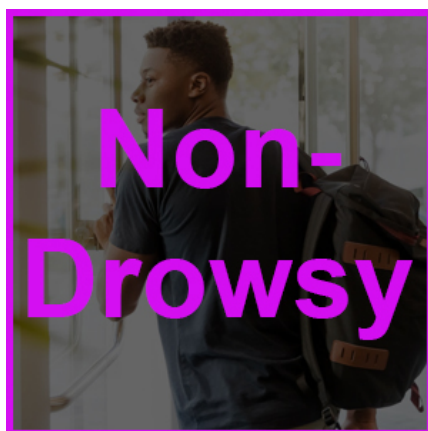
Glutamate, or glutamic acid, is considered the brain's most important *excitatory* neurotransmitter, while **L-Theanine** is *inhibitory*, but since they closely resemble each other, **L-Theanine** can provide a calming effect that helps relaxation.



FLAXSEED OIL

Flaxseed oil is high in ALA omega-3 fatty acids, which have been associated with numerous health benefits.

Some studies have shown that **flaxseed oil** could improve heart health by reducing blood pressure and increasing the elasticity of the arteries.



NON DROWSY

Experiments have been performed analyzing the action of **L-theanine** on the brain. EEG readings of brain waves have shown that brain waves get less jagged, and show a smoother pattern after using **L-theanine**, but are not completely flattened, as would occur in a drowsy state. This leads to a relaxed, but not drowsy state.



REDUCED STRESS

Lowers levels of "excitatory" brain chemicals. At the same time it is increasing chemicals that promote feelings of calm, **L-theanine** also reduces levels of chemicals in the brain that are linked to stress and anxiety. This may also be a way that **L-theanine** can protect brain cells against stress and age-related damage.



NO B.S.

NO BS. Never any harmful chemicals such as magnesium stearate, silica, dioxides, maltodextrin, soy, carrageenan and over 25 others.



MicroMinerals Trace Minerals Complex Blend

RAW TruC Vitamin C

Caffeine+ with L-Theanine and MCT Oil for Energy + Focus

OMEGA-3 FISH OIL Made with AlaskOmega Starwberry Flavor for NO fishy Burps

Vitamin D3 5000IU with Organic Avocado Oil

Benefits	MicroMinerals is formulated to address the depletion of 6 essential trace minerals that are vital to our health and support a healthy immune system, metabolic activity, normal bone development, muscle function, reproduction, and metabolism.*	100% RAW NATURAL VITAMIN C FROM ORGANIC AND NON-GMO BERRIES - 11 Premium Whole Food Berries such as Acai, Acerola, Amla, Cranberry, Goji, Jabuticaba, Mangosteen, Maqui, Pomegranate, Strawberry, & Schisandra.	The Most Advanced Caffeine Pills in the World. Hours Of Energy. With L-Theanine from Green Tea Leaves for a Boost in Focus. ► MCT Oil for Extra Energy ► No Jitters & No Crash Later ► Heightened Mental Alertness ► Long Lasting Fuel	Strawberry Flavored Alaskan Fish Oil. No Fishy Burps. No Fishy Taste. Triple Strength Omega-3's. The Motor Oil For Your Brain. ► Brain Boosting Healthy Fats ► Inflammation Reduction ► Cardiovascular Support ► Supports Healthy Eyes	Vitamin D 5000 in Organic Avocado Oil. Mini Softgels. New Zealand Avocados. Pharmaceutical Grade Vitamin D3 5000IU. ► Supports Bone Health ► Supports Dental Health ► Supports Immune System ► Supports Healthy Muscle Function
Count	90 Plant-based Capsules	60 Plant-based Capsules	50 Softgels	60 Strawberry Softgels	90 Mini Softgels
No Carrageenan	✓	✓	✓	✓	✓
No Soy	✓	✓	✓	✓	✓
Gluten Free	✓	✓	✓	✓	✓
No Maltodextrin	✓	✓	✓	✓	✓
No Magnesium Stearate	✓	✓	✓	✓	✓
NO BS (Bad Stuff)	✓	✓	✓	✓	✓
Non-GMO	✓	✓	✓	✓	✓
SMARTER	✓	✓	✓	✓	✓

Product details

Item Weight: 8 ounces

Shipping Weight: 8 ounces ([View shipping rates and policies](#))

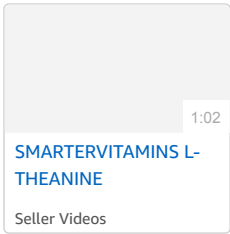
ASIN: B07P9KLGHK

Average Customer Review: [82 customer reviews](#)

Amazon Best Sellers Rank: #24,915 in Health & Household ([See Top 100 in Health & Household](#))
#12 in [Vitamin B1 \(Thiamine\) Supplements](#)

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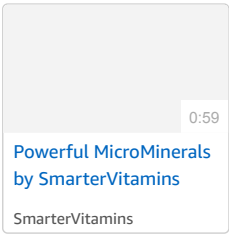
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SMARTERVITAMINS L-THEANINE

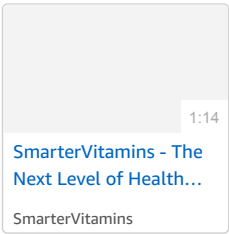
Seller Videos



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Powerful MicroMinerals by SmarterVitamins

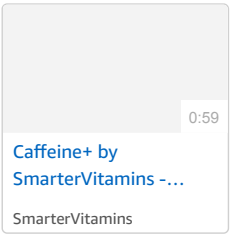
SmarterVitamins



1:14

SmarterVitamins - The Next Level of Health...

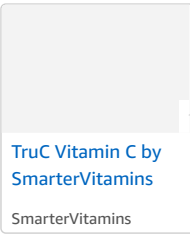
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Caffeine+ by SmarterVitamins -...

SmarterVitamins



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TruC Vitamin C by SmarterVitamins

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Important information

Legal Disclaimer
*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. Actual product packaging and materials may contain more and different information than what is shown on our website. We recommend that you do not rely solely on the information presented and that you always read labels, warnings, and directions before using or consuming a product.

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Ingredients
Non-GMO L-Theanine, Organic Flaxseed Oil

Directions
As a dietary supplement, take 1 softgel 1 to 2 times daily as needed, preferably on an empty stomach.

Sponsored products related to this item



Suntheanine® L-Theanine 200mg (Double-Strength) in Cold-Pressed Organic Coconut Oil...

2,675

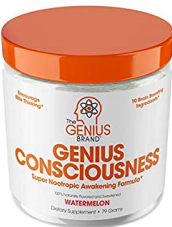
\$17.95



250MG L-THEANINE, Calming Alertness + Focus in Organic Flaxseed Oil, Non-GMO & Glut...

155

\$14.99



Genius Consciousness - Super Nootropic Brain Booster Supplement - Enhance Focus, Bo...

2,080

\$37.99



Caffeine with L-Theanine Pills - 120 Capsules - Nootropic Supplement for Energy and...

68

\$17.97



EZ Melts B1 as Thiamine, 25 mg, Sublingual Vitamins, Vegan, Zero Sugar, Natural Che...

96

\$15.99



Wylea Compound w/ Bc Caffeine

Ad feedback



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an amazon company

Your medication, delivered



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BUTTONED DOWN

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Customer Questions & Answers

[See questions and answers](#)

82 customer reviews

4.8 out of 5 stars

5 star		85%
4 star		14%
3 star		0%
2 star		0%
1 star		1%

By feature

Value for money	4.9
Ingredient quality	4.9
Easy to swallow	4.7

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Write a customer review

350

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Customer images



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Read reviews that mention

flaxseed oil	far so good	organic flaxseed	much better			
help me sleep	l-theanine	anxiety	taking	difference	caffeine	
morning	coffee	stress	value	calm	company	effects

Showing 1-8 of 82 reviews

Top Reviews

Hector M.

L-Theanine gives a sense of Calm without sleepiness.

March 30, 2019

Verified Purchase

It is a great way to start your day with a nutritional, well balanced breakfast. If you eat primarily carbohydrates it will make you sleepy and under-perform. If you place importance to consuming low fat protein it will boost your energy level without sleepiness. Add a cup of strong coffee together with the L-theanine and it becomes a Nootropic. L-theanine will eliminate any jitter induced by the coffee and it will give you a focused attention that is priceless when ready to tackle the challenges of every day.

36 people found this helpful

Helpful

Comment

Report abuse

mmsmco

High Qualify L-theanine

April 7, 2019

Verified Purchase

Love this L-theanine. I take it at night to help me sleep and because it's a liquid capsule it absorbs quickly! I feel great after taking it and sleep much better.

25 people found this helpful

Helpful

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John Bleir

**Quality L-Theanine**

March 28, 2019

Verified Purchase

All I can say is so far so good. Shipping was incredibly fast. Everything was as expected. First night's sleep was great!

17 people found this helpful

Helpful

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Amazon Customer

great quality.. ! L-theanine def helps calm and prevent jitters w/ coffee!!

April 24, 2019

Verified Purchase

im so glad I found L-Theanine, great amino that helps calm.. I love coffee and sometimes feel the effects of over stimulation and jitters and this taken before I drink helps!!! but most of all is im glad I found SMARTER VITAMINS!!! this company is quality, w/ organic Flaxseed oil, I will be getting other products from this line for sure.. they have a NO promise that I love.... no gluten, corn oil, wheat, maltodextrin, soy, carrageenan, sugar, fillers, preservatives.. ...etc.... I just ordered the vitamin c and trace minerals.. great stuff. thanks

13 people found this helpful

Helpful

Comment

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Theo107

Great product ! Super low price ! Plus it's ORGANIC ,

April 21, 2019

Verified Purchase

I was about to place an order for my usual product when I spotted SmarterVitamins' lower price, higher potency, plus thirty extra gelcaps ! Instead of dry powder the L- Theanine is in organic flaxseed oil , meaning no need to buy that separately. This is the perfect product for me and it even saves me money ! Thanks, SmarterVitamins !!

12 people found this helpful

Helpful

Comment

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Scott M

Very good product - update

March 28, 2019

Verified Purchase

I take with a caffeine pill and it works well in stopping any jittering feeling. The combination helps me stay focused and calm.

Update 6/5: Still working great after taking this L-THEANINE supplement for a few months. Works better than a couple other brands I had tried previously.

14 people found this helpful

Helpful

Comment

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Barb62

Helps with Mental Focus and Sounder Sleep at Night

April 12, 2019

Verified Purchase

I take one pill every morning, which helps me stay focused and deal with stress on busy workdays. Then I take one pill about 20 minutes before I want to go to bed at night. It helps me sleep much sounder during the night. Good stuff!

11 people found this helpful

Helpful

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jay b

Awesome for anxiety

March 19, 2019

Verified Purchase

Love this stuff! Dealt with anxiety all my life and love how this helps me slow it down a few knots.

13 people found this helpful

Helpful

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Set up an Amazon Giveaway



Amazon Giveaway allows you to run promotional giveaways in order to create buzz, reward your audience, and attract new followers and customers. [Learn more about Amazon Giveaway](#)

This item: (3 Pack) 250MG L-THEANINE, Calming Alertness + Focus in Organic Flaxseed Oil, Non-GMO & Gluten Free, 150 Liquid Softgels, Natural Anti Stress & Calm L Theanine Pills

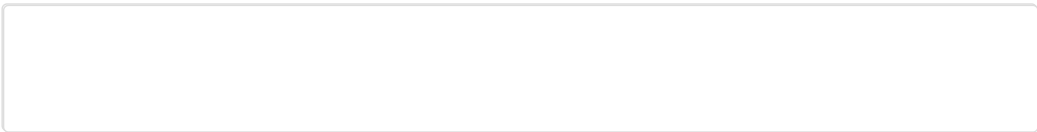
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Brain Support Nootropic Supplement, Memory, Alertness, Brain Health, Brain Function, Made...
108

\$19.99



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