

# ALPHAWAVE®

## THE CALMING WAVE

### Clinically supported stress-relief

**AlphaWave™ L-Theanine, a key ingredient for the relief of symptoms of stress, now available for use in Australia**

Recommended Daily Dose: 200mg daily given as once daily dose.

#### Indications

- Relieve symptoms of stress<sup>1,3</sup>
- Aids mind relaxation<sup>2,3</sup>
- Support mental concentration and focus<sup>4</sup>

#### Warnings

- Adults Only
- Not recommended for use by pregnant and lactating women

## RIDE THE WAVE

**AlphaWave™: The only source of L-Theanine for supplement use in Australia**

## **AlphaWave™ L-Theanine, a key ingredient for the relief of symptoms of stress, now available for use in Australia**

TransChem is pleased to advise that AlphaWave™ L-Theanine has been approved by the Therapeutics Goods Administration (TGA) for use as an active ingredient in listed medicines in Australia.

AlphaWave™ L-Theanine has been available for over 10 years in the US, where it has grown to become one of the most popular ingredients to relieve symptoms of stress in both supplements and beverages.

### **The market potential of AlphaWave™ through Australia**

The potential for AlphaWave™ in the Australian and Asia-Pacific market is substantial. Strong interest has been shown by several leading brands that market products both in Australia, New Zealand and throughout the Asia-Pacific region. It's expected that a retail and practitioner launch will take place in the second quarter (Q2) of 2024.

### **Clinical studies show significant increase in alpha brainwave levels**

The efficacy of AlphaWave™ L-Theanine has been validated by two clinical studies that confirm its ability to increase alpha brainwave activity and deliver significant relaxation benefits.

The most recent study, 'A randomized, triple-blind, placebo-controlled, crossover study to investigate the efficacy of a single 200mg dose of AlphaWave™ L-Theanine on stress in a healthy adult population', was published in *Neurology and Health*, September 2021.<sup>3</sup>

In this study a 200mg dose of AlphaWave™ L-Theanine was shown to promote significant increases in both whole-scalp and frontal region alpha power, and reductions in salivary cortisol (both are objective measurement of reduced levels of stress). These changes were not observed when the participants received placebo.

The summary of this study concluded: 'A single dose of AlphaWave™ L-Theanine had significant positive effects on brainwaves, salivary cortisol, and self-reported state anxiety compared to the placebo in response to an acute stress challenge. These changes are indicative of relaxation in the brain and suggest a calming response in a moderately stressed but otherwise healthy population. AlphaWave™ L-Theanine was found to be safe and well tolerated by participants.'

### **AlphaWave™: The only source of L-Theanine for supplement use in Australia**

# **RIDE THE WAVE**

#### **References**

1. Hidese, S., Ogawa, S., Ota, M., Ishida, I., Yasukawa, Z., Ozeki, M. and Kunugi, H., 2019. Effects of L-theanine administration on stress-related symptoms and cognitive functions in healthy adults: a randomized controlled trial. *Nutrients*, 11(10), p.2362.
2. Alternative Medicine Review. Vol10, Number 2, 2005. Thorne Research Inc
3. Evans, M., McDonald, A.C., Xiong, L., Crowley, D.C. and Guthrie, N., 2021. A randomized, triple-blind, placebo-controlled, crossover study to investigate the efficacy of a single dose of AlphaWave® L-theanine on stress in a healthy adult population. *Neurology and Therapy*, 10, pp.1061-1078.
4. Dassanayake, T.L., Kahathuduwa, C.N. and Weerasinghe, V.S., 2022. L-theanine improves neurophysiological measures of attention in a dose-dependent manner: a double-blind, placebo-controlled, crossover study. *Nutritional Neuroscience*, 25(4), pp.698-708.

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