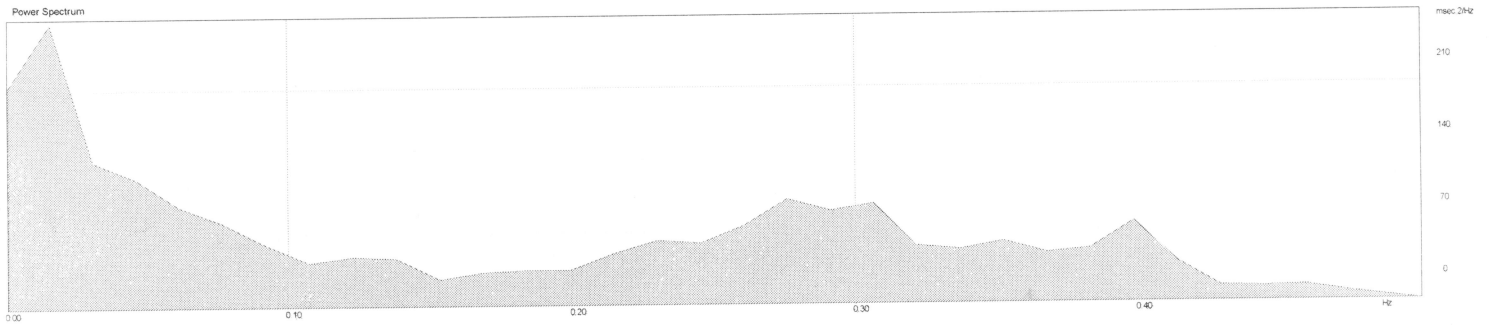


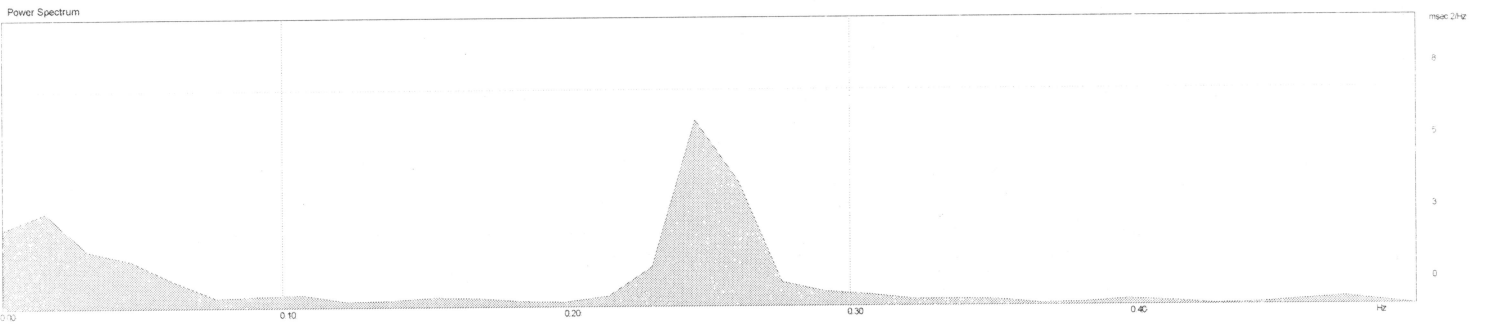
EFFECT OF L-THEANINE ON ANS BALANCE



Adrenergic Domain

Vagal Domain

Strong sympathetic dominance. - Max power: 278 msec²/Hz - Average heart rate: 77 bpm



Adrenergic Domain

Vagal Domain

40 minutes after ingestion of 500 mg of l-theanine

ANS is balanced. - Max power: 6 msec²/Hz - Average heart rate: 71 bpm