

# 3rd Rock Products Offers Insight On Nootropics Through Their Website

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3rd Rock Products, LLC, a Laguna Beach, CA based company, has recently offered insight into the trend on Nootropics through their website. This product, which has been seen in various publications recently, including the Dr. Oz show, has been found to offer a boost of brain power, similar to that of coffee. The ingredients involved, caffeine and L-Theanine when combined, have been observed to increase alertness and brain function.

The company indicates recent clinical results in human trials, which have shown that the product provides mental clarity and alertness to those who use it. The benefit provided over coffee and alternative caffeine supplements is that there is no crash or jitters, which many coffee drinkers complain about. The company says: "In clinical studies, a combination of L-Theanine with Caffeine (200mg each) is noted to be synergistic in promoting cognition and attention."

Due to the level of success that the company has noted with Nootropics, they have begun distributing their own brand, Steady Focus. This comes in a bottle of 60 vegetarian capsules, each containing a dose of caffeine and natural L-Theanine. It is made in the United States within an FDA inspected, cGMP compliant facility. They explain: "In developing products we focus on ingredients that have human clinical trials behind them. These trials indicate the effective dose needed to deliver the desired outcome."

The company would like to point to a study, which showed that: "L-Theanine, for the most part, is a relaxing but not sedating amino acid that is synergistic with stimulants such as caffeine as it can 'take the edge off'. It is effective by itself in the standard supplemental dosages as well, and although it can be attained via a diet high in green tea ingestion that is the only dietary source of L-Theanine."

3rd Rock Products wants to emphasize the effects theanine has been found to have on the body. It is known as a natural amino acid, which can be used as a relaxant, without the sedation that comes with medicinal herbs or supplements. They point out that this is the same type of relaxation that tea drinkers may experience with black and green tea. This has been observed to work in combination with the energy boost of caffeine to

increase mental abilities without causing the anxiety and jumpiness from caffeine-based products without theanine.

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