Daily supplements/practices

None

Route of administration

Mixed in with a glass of orange juice

600mg, dose #01, 24/01/18, 3pm

Baseline	3pm (*4hr)
Cognitive	10.70
Memory	11.27
Reasoning	10.16
Verbal	12.24
Anxiety	6.8/10
Stress	2/10
Mood	3.1/10

After dosing	5pm	Middle of peak (*6hr)
Cognitive	14.18	(+32.52%)
Memory	15.00	(+33.09%)
Reasoning	13.87	(+36.51%)
Verbal	11.03	(−9.88%)
Anxiety	3/10	(−55.88%)
Stress	0.1/10	(−95%)
Mood	6/10	(+93.54%)

| Variable	Quality	Duration	Overall rating
Sleep	6/10	10hrs	8/10
Stress	N/A	N/A	2/10
Exercise	N/A	N/A	N/A
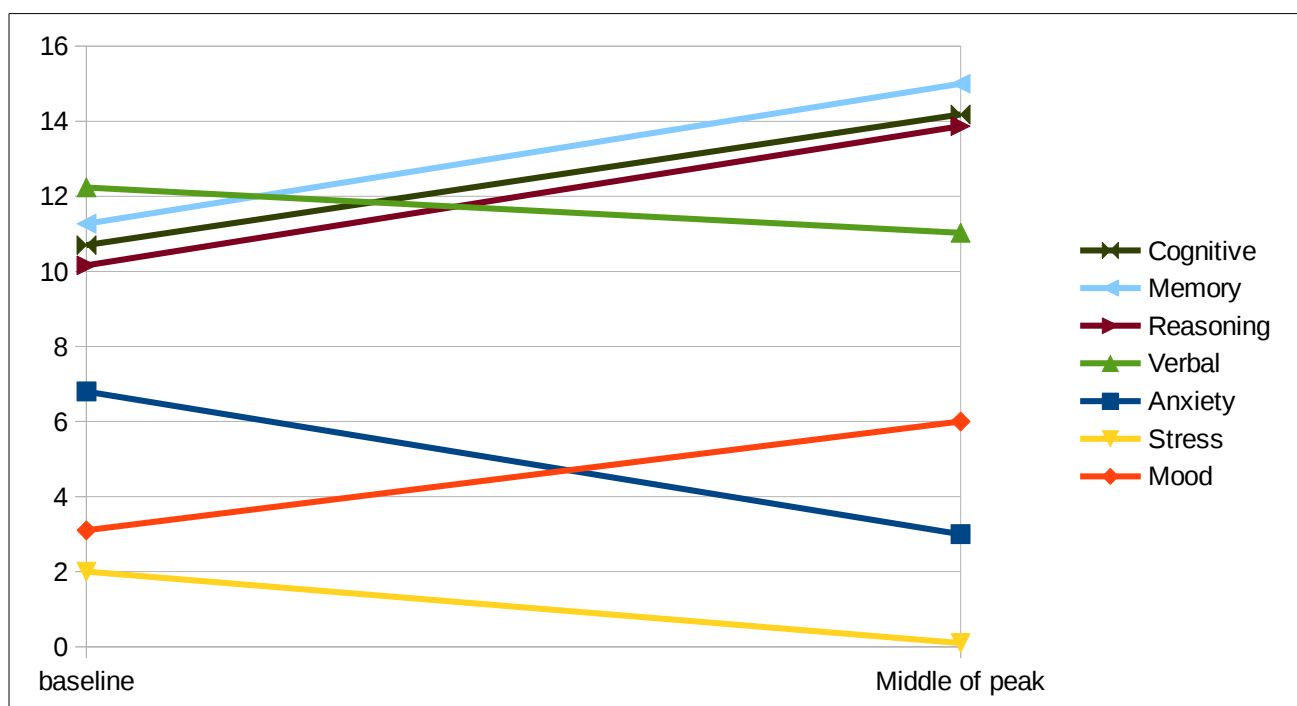
600mg, dose #02, 30/01/18, 12pm

Baseline	11am
Cognitive	11.35
Memory	9.34
Reasoning	15.10
Verbal	`10.71
Anxiety	6/10
Stress	5/10
Mood	5/10

After dosing	1pm	Middle of peak
Cognitive	14.67	(+29.25%)
Memory	12.75	(+36.5%)
Reasoning	15.22	(+0.79%)
Verbal	12.71	(+18.67%)
Anxiety	2/10	(−66.6%)
Stress	3/10	(−40%)
Mood	6/10	(+20%)

| Variable	Quality	Duration	Overall rating
Sleep	3/10	8hrs	2/10
Stress	N/A	N/A	5/10
Exercise	N/A	N/A	N/A
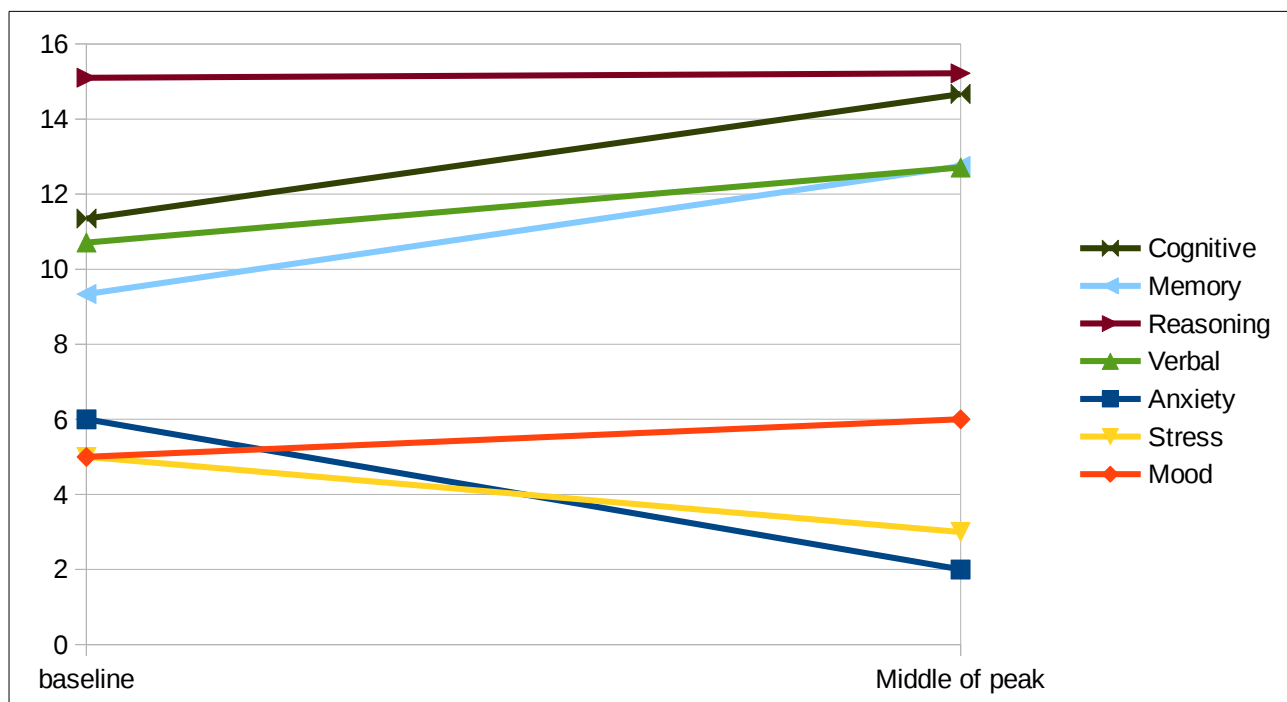
600mg, dose #03, 31/01/18, 2pm

Baseline	**1:30pm (*2hr)**
Cognitive	15.46
Memory	13.43
Reasoning	14.26
Verbal	14.29
Anxiety	3/10
Stress	4/10
Mood	6/10

After dosing	**Start of peak (1hr)(*3:30hr)**	**Middle of peak (2hr)(*4:30hr)**	**End of peak (3hr)(*5:30hr)**
Cognitive	14.39 **(−6.9%)**	13.27 **(−14.16%)**	16.38 **(+5.95%)**
Memory	10.92 **(−18.68%)**	11.85 **(−11.76%)**	13.58 **(+1.11%)**
Reasoning	14.03 **(−1.61%)**	13.44 **(−5.75%)**	14.63 **(+2.59%)**
Verbal	15.35 **(+7.41%)**	12.85 **(−10.07%)**	15.42 **(+7.9%)**
Anxiety	4/10 **(+33.3%)**	1/10 **(−66.6%)**	0/10 **(−100%)**
Stress	3/10 **(−25%)**	1/10 **(−75%)**	0/10 **(−100%)**
Mood	7/10 **(+16.6%)**	8/10 **(+33.3%)**	8/10 **(+33.3%)**

| **Variable**	**Quality**	**Duration**	**Overall rating**
Sleep	**4/10**	**10hrs**	**4/10**
Stress	N/A	N/A	**4/10**
Exercise	N/A	N/A	N/A
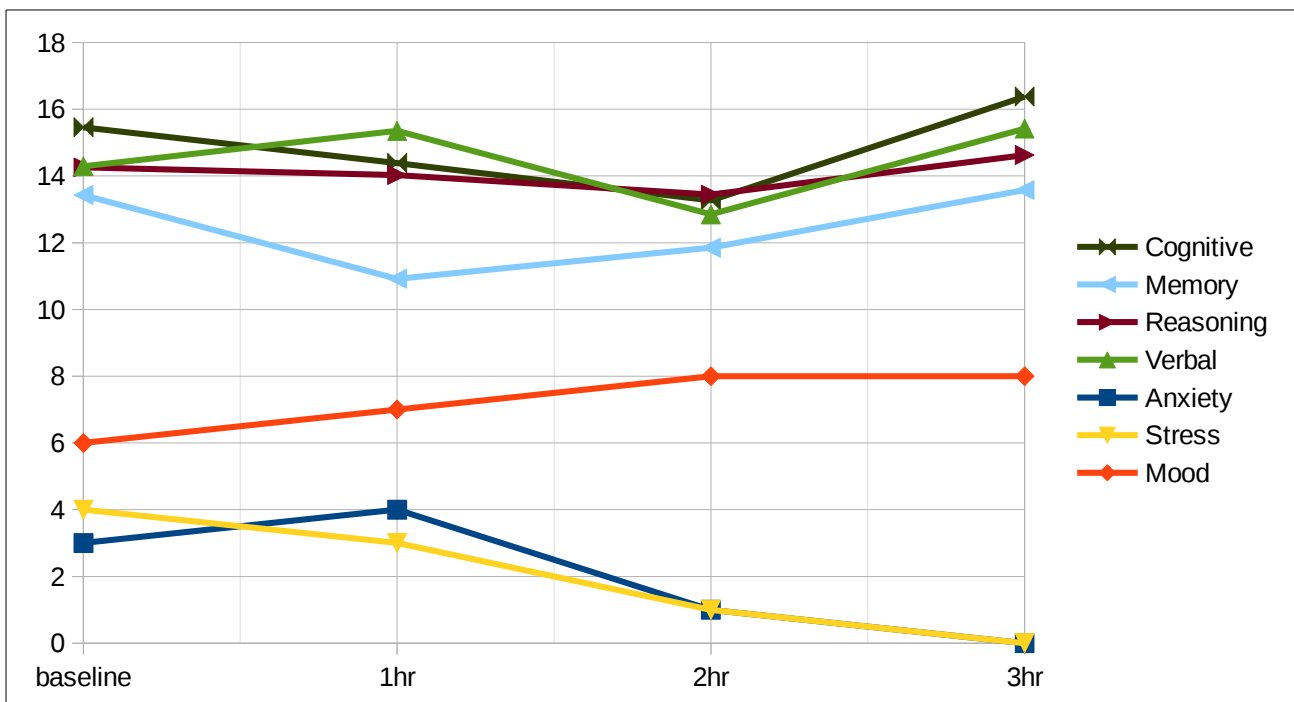
*ate right after dosing, which could be causing the late onset.
200mg, dose #04, 01/02/18, 9pm

Baseline	9pm (*13hr)
Cognitive	19.33
Memory	14.99
Reasoning	16.42
Verbal	17.49
Anxiety	0/10
Stress	0/10
Mood	8/10

After dosing	Start of peak (1hr)(*14hr)	Middle of peak (2hr)(*15hr)	End of peak (3hr)(*16hr)
Cognitive	21.07 (+9%)	15.67 (−18.93%)	20.18 (+4.3%)
Memory	15.92 (+6.2%)	14.31 (−4.5%)	18.54 (+23.68%)
Reasoning	17.23 (+4.9%)	13.59 (−17.23%)	19.35 (+17.84%)
Verbal	18.90 (+8.06%)	14.44 (−17.43%)	12.93 (−26.07%)
Anxiety	0/10 (0%)	0/10 (0%)	0/10 (0%)
Stress	0/10 (0%)	0/10 (0%)	0/10 (0%)
Mood	9/10 (+12.5%)	9/10 (+12.5%)	9/10 (+12.5%)

| Variable	Quality	Duration	Overall rating
Sleep	2/10	5hrs	5/10
Stress	N/A	N/A	1/10
Exercise	N/A	N/A	N/A
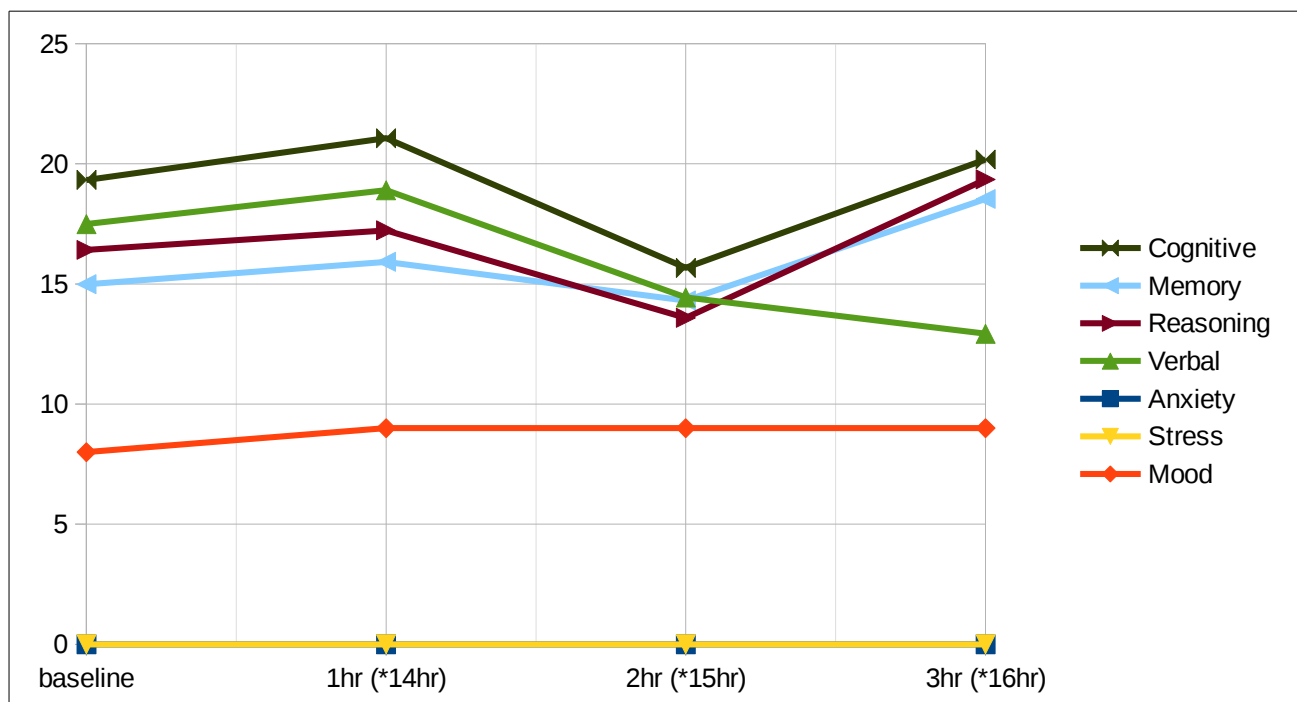
*The lower than baseline results at 2hr mark could be due to tiredness. Or maybe a crash from l theanine?

200mg, dose #05, 02/02/18, 10am

Baseline	9am (*1hr)
Cognitive	15.39
Memory	14.48
Reasoning	18.12
Verbal	9.92
Anxiety	0
Stress	0
Mood	5

After dosing	Start of peak (1hr)(*2hr)	Middle of peak (2hr)(*3hr)	End of peak (3hr)(*4hr)
Cognitive	14.98 (−2.66%)	16.05 (+4.2%)	14.44 (−6.17%)
Memory	13.87 (−4.21%)	14.18 (−2.07%)	14.35 (−0.89%)
Reasoning	20.12 (+11.03%)	19.17 (+5.79%)	19.22 (+6.07%)
Verbal	8.47 (−14.61%)	10.41 (+4.93%)	11.20 (+12.09%)
Anxiety	0/10 (0%)	0/10 (0%)	0/10 (0%)
Stress	0/10 (0%)	0/10 (0%)	0/10 (0%)
Mood	6/10 (+20%)	8/10 (+60%)	8/10 (+60%)

Variable	Quality	Duration	Overall rating
Sleep	2/10	6hrs	3/10
Stress	N/A	N/A	0
Exercise	N/A	N/A	N/A
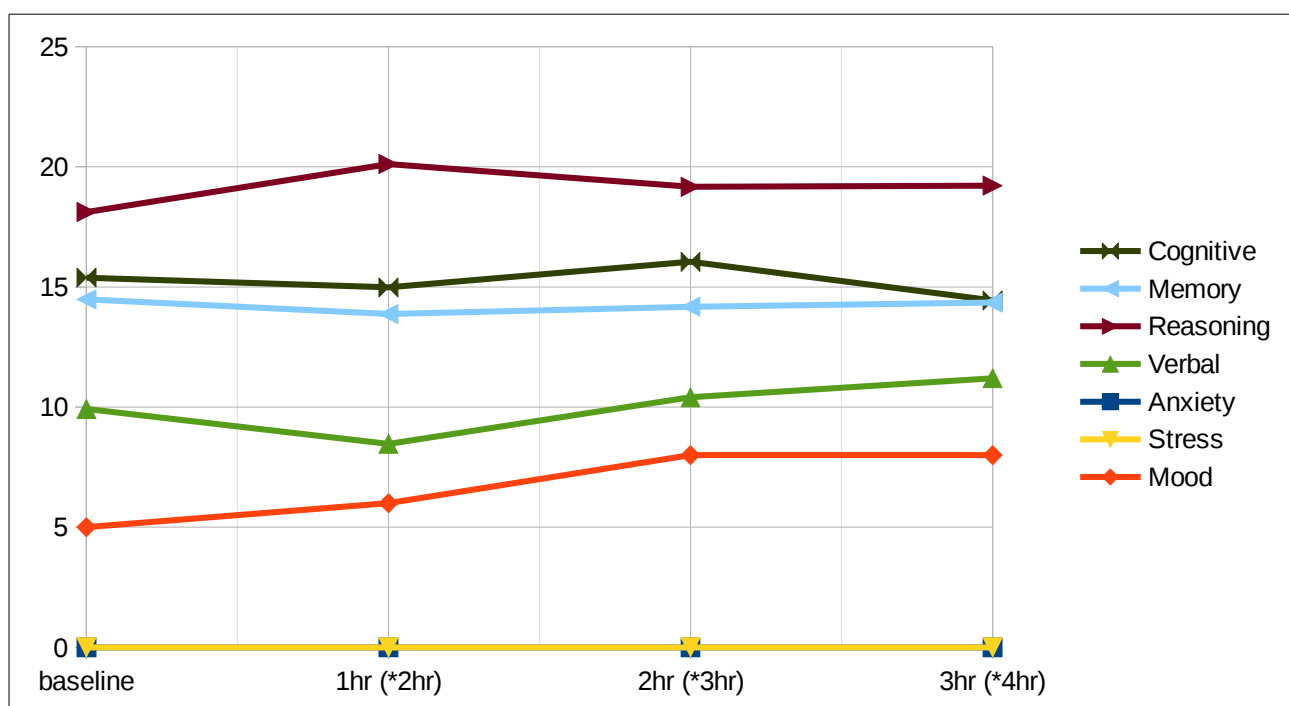
*only being awake for one hour could explain why the baselines are lower than usual.

Baselines over the 5 doses

Sleeps effects on baselines
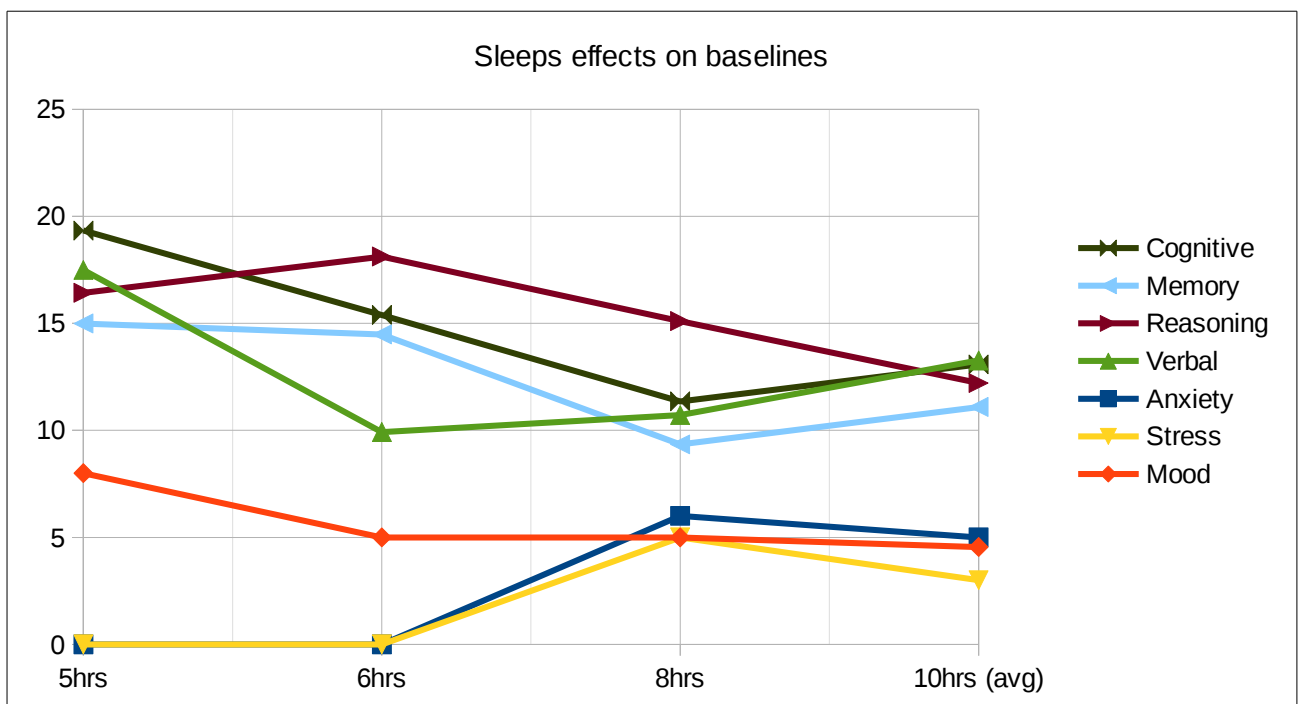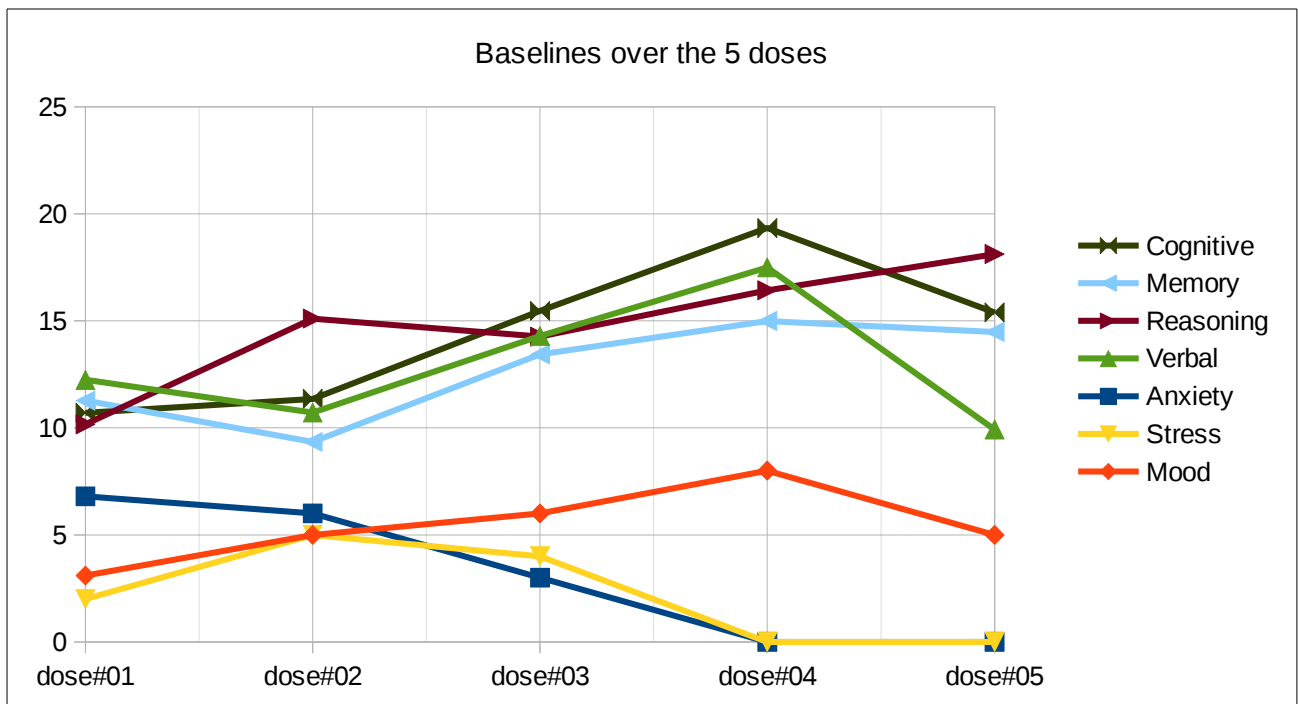
Conclusion:

It seems l theanine is increasing the baseline stats at one dose per day, however it also seems it causes a dip in stats for around 1hr, so I'm going to be taking 200mg per day for the foreseeable future in hopes it continues to increase my baseline, I plan on taking it as soon as I wake up so it only causes a dip in stats for the first 1hr of the day.