

TRUE ATHLETE®

ZMA® WITH THEANINE

▲ STRENGTH

▲ POWER

▲ RECOVERY

180 capsules
dietary
supplement



Supplement Facts

Serving Size 3 Capsules for Men, 2 Capsules for Women
Servings Per Container 60 for Men, 90 for Women

Amount Per Serving	% Daily Value			
	Men		Women	
Vitamin B6 (as pyridoxine HCl)	10.5 mg	618%	7 mg	412%
Magnesium (as magnesium aspartate)	450 mg	107%	300 mg	71%
Zinc (as zinc monomethionine, zinc aspartate)	30 mg	273%	20 mg	182%
Theanine	50 mg	*	33 mg	*

* Daily Value not established.

Other Ingredients: Gelatin, microcrystalline cellulose, magnesium stearate, silicon dioxide.

Does not contain: Gluten, Sugar, or Salt.

▲ 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.

DIRECTIONS: Take three (3) capsules daily for men and two (2) capsules daily for women, preferably on an empty stomach 30-60 minutes before bedtime. For best results, avoid taking with food or supplements containing calcium.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.

KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

ZMA® is a registered trademark of SNAC Systems, Inc., San Carlos, CA 94070

L-OptiZinc® is a federal trademark of InterHealth N.I.
(contained in the ZMA® blend).



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