

# TRUE ATHLETE®

## ZMA® WITH THEANINE

▲ STRENGTH

▲ POWER

▲ RECOVERY

90 capsules  
dietary  
supplement



## Supplement Facts

Serving Size 3 Capsules for Men, 2 Capsules for Women  
Servings Per Container 30 for Men, 45 for Women

| Amount Per Serving                               |         | % Daily Value |            |
|--------------------------------------------------|---------|---------------|------------|
|                                                  |         | Men           | Women      |
| Vitamin B6<br>(as pyridoxine HCl)                | 10.5 mg | 618%          | 7 mg 412%  |
| Magnesium<br>(as magnesium aspartate)            | 450 mg  | 107%          | 300 mg 71% |
| Zinc<br>(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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Visit [www.vitaminshoppe.com](http://www.vitaminshoppe.com) or call 1-866-293-3367.



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