

Suggested Use: Take one (1) capsule in the evening (ideally 30-45 minutes prior to bedtime) with water or as directed by a healthcare professional.

TrueZs™ helps promote a more restful sleep.†

- Keep out of reach of children
- Do not use if seal is broken or missing
- Store in a cool, dry place



BLEND &
PACKAGED
IN THE USA



affron®

Suntheanine®

SHODEN
Ashwagandha



†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.



TrueZs™

Sleep Support Relax & Refresh†

Dietary Supplement 30 Veggie Capsules

Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 30

Amount Per Serving	
L-Theanine (Suntheanine®)	200 mg*
Ashwagandha root and leaf extract (35% withanolide glycosides) (Shoden®)	120 mg*
Affron®: Saffron (<i>Crocus sativus</i> L.) stigmas extract [Std. to 3.5% Lepticrosalides® by HPLC]	14 mg*

*Daily value not established.

Other ingredients: Hypromellose, silica, stearic acid, and microcrystalline cellulose.

Manufactured for and Distributed by: NatureCity®

990 S. Rogers Circle, Boca Raton FL 33487

TO RE-ORDER CALL TOLL-FREE: 1-800-593-2563

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