

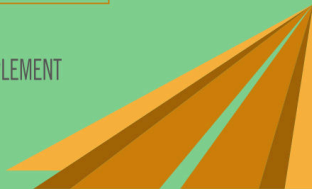
ZMA[®] WITH THEANINE

STRENGTH, POWER, RECOVERY



**CERTIFIED
FOR SPORT[®]**

90 CAPSULES
DIETARY SUPPLEMENT



TRUE ATHLETE[®]

TRUE ATHLETE[®] NATURALLY DRIVEN[™]

Gain strength, recover fast and replenish nutrients with the help of True Athlete[®] ZMA[®] with Theanine. It's a unique supplement formulated not only to help you build muscle strength, but also to help fight the effects of exercise-induced stress, and to promote rest and recovery.

- ▲ **ZMA:** A PRECISE COMBINATION OF ZINC AND MAGNESIUM THAT MAY HELP INCREASE MUSCLE STRENGTH AND POWER
- ▲ **VITAMIN B6:** ENHANCES THE ABSORPTION AND UTILIZATION OF ZINC AND MAGNESIUM
- ▲ **THEANINE:** PROMOTES RECOVERY, RELAXATION AND RESTFUL SLEEP

Products that are designated "NSF Certified for Sport[®]" are rigorously tested to help ensure that they contain no banned substances, unlisted ingredients, or harmful impurities.

www.true-athlete.com

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 (as pyridoxine HCl)	10.5 mg	525%	7 mg 350%
Magnesium (as magnesium aspartate)	450 mg	113%	300 mg 75%
Zinc (as zinc monomethionine, zinc aspartate)	30 mg	200%	20 mg 133%
Theanine	50 mg	*	33 mg *

* Daily Value not established.

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

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

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: As a dietary supplement, 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.

ZMA[®] is a registered trademark of SNAC System, Inc., San Carlos, CA 94070
L-OptiZinc[®] is a federal trademark of InterHealth N.I. (contained in the ZMA[®] blend).

STORE IN A COOL, DRY PLACE • KEEP OUT OF REACH OF CHILDREN
TAMPER EVIDENT • Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216 for more information and to reorder.

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