

ZMA[®] WITH THEANINE

STRENGTH, POWER, RECOVERY



CERTIFIED
FOR SPORT[®]

180 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 60 for Men, 90 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 Added.

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).

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

STORE IN A COOL, DRY PLACE • KEEP OUT OF REACH OF CHILDREN

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

Item No. VS-6021
1774454

