

# ZMA<sup>®</sup> WITH THEANINE

**STRENGTH, POWER, RECOVERY**

NSF<sup>®</sup>

CERTIFIED FOR SPORT<sup>®</sup>

180 CAPSULES  
DIETARY SUPPLEMENT

TRUE ATHLETE<sup>®</sup>

## TRUE ATHLETE<sup>®</sup> NATURALLY DRIVEN<sup>™</sup>

Gain strength, recover fast and replenish nutrients with the help of True Athlete<sup>®</sup> ZMA<sup>®</sup> 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<sup>®</sup>" are rigorously tested to help ensure that they contain no banned substances, unlisted ingredients, or harmful impurities.

[www.true-athlete.com](http://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 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:** 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<sup>®</sup> is a registered trademark of SNAC System, Inc., San Carlos, CA 94070

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

Distributed by: Vitamin Shoppe, Inc.  
Secaucus, NJ 07094  
Visit [www.vitaminshoppe.com](http://www.vitaminshoppe.com)  
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STORE IN A COOL, DRY PLACE • KEEP OUT OF REACH OF CHILDREN

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

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