

ZMA[®] WITH THEANINE

STRENGTH, POWER, RECOVERY

NSF[®]

CERTIFIED FOR SPORT[®]

90 CAPSULES
DIETARY SUPPLEMENT

TRUE ATHLETE

Supplement Facts

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

Amount Per Serving	Men	% Daily Value	Women
Vitamin B6 (as pyridoxine HCl)	10.5 mg	525%	7 mg
Magnesium (as magnesium aspartate)	450 mg	113%	300 mg
Zinc (as zinc monomethionine, zinc aspartate)	30 mg	200%	20 mg
Theanine	50 mg	*	33 mg

* Daily Value not established.

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

NO 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.

As a dietary supplement, take three (3) capsules 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 iron.

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 Systems, Inc., San Carlos, CA 94070
L-OptiZinc[®] is a federal trademark of Interleath K.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

Manufactured for: **The Vitamin Shoppe**
North Bergen, NJ 07047
Visit www.vitaminshoppe.com or call 1-800-225-1216 for more information and to reorder.

Item No.
VS-6020
1774447



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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.

NO Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors Added.