

SUGGESTED USE:

Men: As a dietary supplement, take 3 capsules daily on an empty stomach 30-60 minutes before bedtime or as directed by your healthcare professional. For best results, avoid taking with dairy or other calcium-containing foods or supplements.

Women: As a dietary supplement, take 2 capsules daily on an empty stomach 30-60 minutes before bedtime or as directed by your healthcare professional. For best results, avoid taking with dairy or other calcium-containing foods or supplements.

- **THIRD PARTY TESTED[†]**
- **NON-GMO[†]**
- **GLUTEN-FREE[†]**

WARNING: For healthy individuals 18 years and older. Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not use if safety seal is broken or missing.

NOTICE: Store in a cool, dry place.

Manufactured for: **nutricost[®]**
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nutricost.com

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nutricost[®]
PERFORMANCE

ZMA[®]

Anabolic Mineral Support[†]

180
Capsules

60
Servings

180 CAPSULES
DIETARY SUPPLEMENT

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)	10.5mg 618%	7mg 412%
Calcium	90mg 7%	60mg 5%
Magnesium (as magnesium aspartate, magnesium oxide)	450mg 107%	300mg 71%
Zinc (as zinc mono-L-methionine, zinc aspartate)	30mg 273%	20mg 182%

*Percent Daily Values (DV) are based on a 2000 calorie diet.

Other ingredients: Gelatin capsule, calcium carbonate, magnesium stearate (vegetable source), zinc oxide.

ZMA[®] is a registered trademark of SNAC System, Inc., San Carlos, CA 94070.

[†] 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.

MADE AND QUALITY TESTED IN THE USA WITH GLOBALLY SOURCED INGREDIENTS.

