

SCIENTIFIC NUTRITION FOR ADVANCED CONDITIONING

ZMA-5 is a new and improved formula that combines the original ZMA with the amino acid 5-Hydroxytryptophan (5-HTP) to create a synergistic and highly potent blend of ingredients. The components in ZMA are all important co-factors in the conversion of 5-HTP to serotonin, which is a neurotransmitter that helps to elevate mood and enhance sleep. This novel ZMA formula promotes an even deeper and more efficient sleep process while maximizing healing, tissue repair, anabolic hormone production, and muscle growth.

Note: Please be advised that imitation Zinc Magnesium Aspartate products are not the same as ZMA and may not produce the same results that were obtained in the ZMA study.

*These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

ZMA is a registered trademark of SNAC System, Inc.
San Carlos, CA 94070. Patent Pending.

www.snac.com 1-800-697-2086

ZMA-5[®]

New
with
5-HTP

THE NEXT GENERATION

RECOVERY AND SLEEP ENHANCEMENT FORMULA

SNAC

SUPPLEMENT FACTS

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

Amount per Serving	% Daily Value for Men	% Daily Value for Women
Zinc (As monomethionine and aspartate)	30 mg 200%	20 mg 160%
Magnesium (as aspartate)	450 mg 113%	300 mg 100%
Vitamin B ₆ (as pyridoxine hydrochloride)	10.5 mg 525%	7 mg 438%
5-HTP (5-Hydroxytryptophan)	50 mg **	33.3 mg **
Folic Acid	100 mcg 25%	66.7 mcg 17%

** Daily Value not established

Suggested Use: Take 3 capsules daily for men and 2 capsules daily for women, preferably on an empty stomach, 30-60 minutes prior to bedtime. For best results, avoid taking with foods or supplements containing calcium.



DIETARY SUPPLEMENT • 90 CAPSULES