

Swanson

U L T R A[®]

The Most Advanced Nutrition Technology

CAPSULES

ZMA[®]

Anabolic Mineral Support Formula

Dietary Supplement

90 CAPSULES



- DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, men should take three capsules 30–60 minutes before bedtime with water; women take two capsules 30–60 minutes before bedtime with water. For best results, avoid taking with foods or supplements containing calcium.

WARNING: If you are pregnant, nursing, have an autoimmune disease or are taking any prescription drugs, consult your health-care provider before using.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin B-6 USP (as pyridoxine HCl)	9 mg	529%
Magnesium	429 mg	102%
(covalently bound from zinc/magnesium aspartate)		
Zinc (as zinc L-monomethionine/ aspartate L-OptiZinc [®] and covalently bound zinc/magnesium aspartate)	27 mg	245%
ZMA [®]	2.4 g	*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose (plant fiber), gelatin.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS** • Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com

L-OptiZinc[®] is a registered trademark of InterHealth Nutraceuticals, Inc.
Patented under U.S. patent #4,764,633 and #5,278,329.
ZMA[®] is a registered trademark of SNAC System, Inc., San Carlos, CA
94070. Patent pending.

