

BODYBUILDING.COM SIGNATURE

A signature is a promise. A symbol of your identity. Your mark on the world. Bodybuilding.com was founded on a single promise: Trust. It's who we are and it's in our blood. Our Signature line is built on the same promise. Every product is transparent, filler-free, and formulated with effective doses of research-backed ingredients you can trust. We create the highest quality supplements, so you can focus on leaving a mark of your own.

Directions for Use: Take 3 Signature ZMA capsules daily for men and 2 capsules daily for women. Take 30-60 minutes before bedtime, preferably on an empty stomach.

Warnings: Consult your physician before using this product if you're taking any medications or are under a physician's care for a medical condition. Not for use for those under the age of 18 or women that are pregnant, trying to get pregnant or nursing.

Manufactured in the USA in a GMP registered facility with domestic and international ingredients.

* 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.



S I G N A T U R E

ZMA[®]

SUPPORTS

Muscle Recovery*

PROMOTES

Restorative Sleep*

DIETARY SUPPLEMENT

90 CAPSULES



BODYBUILDING.com[™]

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin B6 (as pyridoxine HCl)	10.5mg	618%
Magnesium (as magnesium aspartate)	450mg	107%
Zinc (as Zinc mono-L-methionine and zinc aspartate)	30mg	273%

Other Ingredients: gelatin, rice flour and magnesium stearate.

ZMA[®] is a registered trademark of SNAC System, Inc., San Carlos, CA 94070, USA, registered in US, EU, AU.

Distributed By: Bodybuilding.com
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