

Supplement Facts

Serving Size 1 Pack

Servings Per Container 30

Amount Per Pack		%DV
Vitamin B6 (as pyridoxine HCl)	10.5mg	525%
Magnesium (as oxide)	450mg	113%
Zinc (as oxide)	30mg	200%
GH Boosting Complex	3000mg	
Gamma-Aminobutyric Acid (GABA)		**
Arginine Alpha-Ketoglutarate (AKG)		**
Ornithine HCl		**
L-Tryptophan		**
Alpha Glycerylphosphorylcholine (GPC)		**
Immune & Recovery Complex with Sustamine™	2500mg	
L-Glutamine		**
EAA Blend (Leucine, Valine, Isoleucine, Lysine HCl, Arginine HCl, Histidine, Theronine, Methionine, Phenylalanine)		**
L-Alanyl-L-Glutamine		**
Sleep & Relaxation Complex	1250mg	
Valerian Root		**
Chamomile Flower		**
Hops (strobile) (Humulus Lupulus)		**
L-Theanine		**

****Daily Value (DV) not established.**

OTHER INGREDIENTS: Dicalcium phosphate, maltodextrin, microcrystalline cellulose, gelatin, stearic acid, silicon dioxide, magnesium stearate, titanium dioxide, FD&C blue #1, lecithin (soy), FD&C red #3, FD&C red #40, pharmaceutical glaze. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

DOSAGE: Take a single pack 30-45 minutes before bed. For best results, take on an empty stomach. If you use an evening protein shake allow 30 minutes for digestion before taking Animal PM. Animal PM can be stacked with any other product in the Animal line, including foundational staples like Pak, Flex and Omega and cycled products such as Stak or Test. For more stacking information, go to www.animalpak.com.

INGREDIENT NOTES: Sustamine™ is a trademark of Kyowa Hakko Bio Co., Ltd.

WARNING: This product contains potent relaxation compounds intended to promote deep sleep. Do not ingest if unable to get a typical full night's rest. Do not take if operating a vehicle or heavy machinery. Do not use in conjunction with alcohol or prescription medication. Do not exceed the recommended dosage. Not for use by individuals under the age of 18 years. Do not use if pregnant, nursing or have a serious medical condition. Consult a physician before using this product. Use of this product may be banned by some athletic associations. Athletes should consult their sanctioning authority before use. Exercise good judgment and keep this product out of the reach of children. To maintain freshness, store this product in a cool, dry place. You know the drill.

OUR IRONCLAD GUARANTEE: Animal is dedicated to being the best in the business, no two ways about it. If this product doesn't meet with your tough requirements for any reason, let us know. When it comes to standing behind our products, we don't mess around. That's the truth.

†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.

Plant #3001104580



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WHO WE ARE In 1983, Animal was founded with the birth of Animal Pak, the venerable training "pack" that started it all. Born from the real needs and desires of professional bodybuilders, Animal has grown prodigiously over the decades. Today, as yesterday, the name Animal stands for trust, integrity and a unique no nonsense approach to the game. Animal also represents a group of products that have stood the test of time, proven again and again in the labs, and in the trenches where it counts most... The gym and the stage. Dedicated to serious nutrition for the serious athlete, Animal is your choice when it comes to complete and comprehensive supplementation. Animal. The choice of champions. **WHAT ANIMAL PM® IS** R&R. Yeah, that's the name of the game. You're only as good as how fast and how efficiently you can recover. Some days you merely stimulate, others you totally annihilate. Either way progress will be dictated by the quality of the recovery time spent in between your brutal workouts. Sleep and proper nutrient intake during this critical time are absolutely necessary in order to reach your mass goals. To make sure everything is on the up and up, there's Animal PM. In the gym, the iron will leave you sore and battered, bruised and weary. When you're out, Animal PM will help turn this down time into growth time. So if you're looking to reinforce every line of defense possible, if you want to grow while you're stacking your Zs, get some powerful shuteye with Animal PM.†