

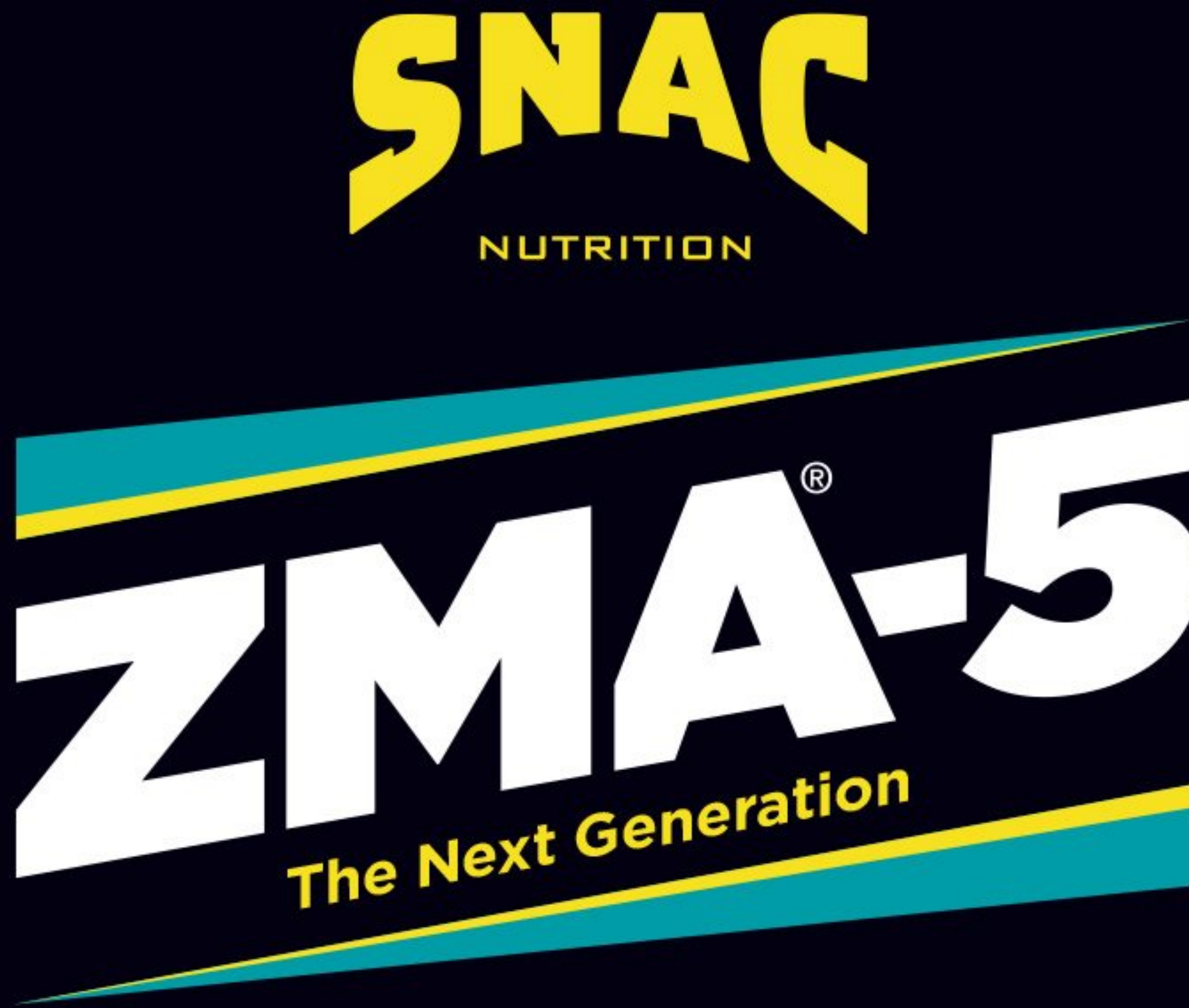
ZMA®-5 combines the original ZMA® with the amino acid 5-Hydroxytryptophan (5-HTP) to create a synergistic blend of ingredients. The components in ZMA® are co-factors in the conversion of 5-HTP to serotonin, which helps to elevate healthy mood and support sleep.* BioPerine® has also been added to help enhance the absorption of these nutrients.* ZMA®-5 helps promote a deep and efficient sleep process while also helping to support muscle recovery from exercise.*

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.

WARNING: Do not use if pregnant, nursing, or under the age of 18. Consult your doctor before using this or any dietary supplement. Immediately discontinue use and contact your doctor if any adverse reactions occur. KEEP OUT OF REACH OF CHILDREN. To report any serious adverse events, please call 800-697-2086 or email info@snac.com.

*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.

ZMA® is a registered trademark of SNAC System, Inc.



DIETARY SUPPLEMENT
90 Veg Capsules

RECOVERY AND SLEEP SUPPORT FORMULA*

Supplement Facts				
Serving Size: 3 Capsules for Men		Serving Size: 2 Capsules for Women		
Servings Per Container: 30		Servings Per Container: 45		
Amount Per Serving		% DV for Men		% DV for Women
Vitamin B6 (as Pyridoxine Hydrochloride)		10.5 mg	525%	7 mg 350%
Folic Acid (Vitamin B9)		100 mcg	25%	66.7 mcg 17%
Magnesium (as Aspartate)		450 mg	113%	300 mg 75%
Zinc (as Mono-L-Methionine and Aspartate)		30 mg	200%	20 mg 133%
5-Hydroxytryptophan (5-HTP) (from Griffonia Simplicifolia Seed Extract)		50 mg	**	33.3 mg **
Black Pepper Fruit Extract (BioPerine®)		5 mg	**	3.33 mg **
**Daily Value (DV) not established.				

Other Ingredients: Hydroxypropyl methylcellulose (vegetarian capsules), magnesium oxide, zinc oxide

DISTRIBUTED BY
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