

Recommended Use: Men take 3, or women take 2 capsules daily, preferably on a empty stomach 30-60 minutes before bedtime. For best results, avoid taking with dairy or other calcium-containing foods or supplements.

Warning: This product is only intended to be consumed by healthy individuals 18 years of age or older. Consult your physician prior to use if you are pregnant or nursing. Do not exceed recommended use. Improper use will not improve results and is not advised. Keep out of reach of children. Do not use if safety seal is broken.

Notice: Store in a cool, dry place.

†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.

Distributed by Nutricost®
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nutricost

ZMA®

Anabolic Mineral Support†

490MG

per serving

180

capsules

60

servings

180 Capsules | Dietary Supplement



Supplement Facts

Serving Size: 3 Capsules for Men (2 Capsules for Women)

Servings Per Container: 60 for Men (90 for Women)

Amount Per Serving	% Daily Value*	
	Men	Women
Vitamin B6 (as pyridoxine HCL)	10.5mg 620%	7mg 410%
Magnesium (as aspartate)	450mg 110%	300mg 70%
Zinc (as L-monomethionine and aspartate)	30mg 270%	20mg 180%

*Percent Daily Value based on a 2000 calorie diet.

Other ingredients: Capsules (gelatin, purified water), rice flour, vegetable magnesium stearate.

†Based on Men's Serving Size. 490mg of active ingredients from 2,430mg of ZMA® Blend.

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