

THE ACTIVE INGREDIENTS IN
ZM-COMPLEX MAY HELP PROMOTE:

- + ENHANCED RECOVERY†
- + DEEPER & MORE RESTFUL SLEEP†
- + INCREASED LEAN MUSCLE MASS†

One of the most time tested and proven supplement formulas is now available from **Gaspari Nutrition®!** **ZM-COMPLEX** has proven itself as the premier sleep and recovery option for over two decades, thanks to its inclusion of powerful vitamins & minerals like Zinc, Magnesium, and Vitamin B6. Athletes can deplete levels of these compounds far more quickly than the average person which may cause a decrease in muscle protein synthesis and sleep quality. By using **Gaspari Nutrition® ZM-COMPLEX**, you guarantee that you have the optimal vitamin and mineral levels necessary to be at your best, each and every day.†

†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.

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Made in the USA from domestic and international ingredients. ZM-COMPLEX is manufactured by Natural Vitamins Laboratory Corp. 12815 NW 45th Ave, Opa Locka, FL 33054 USA & is developed exclusively for Gaspari Nutrition 575 Prospect St. Suite 301 Lakewood, NJ 08701 USA 1.732.364.3777 GASPARINUTRITION.COM



NIGHTTIME RECOVERY SUPPORT†

ZM-COMPLEX

ZINC MAGNESIUM COMPLEX

30 SERVINGS

DIETARY SUPPLEMENT 90 Capsules (30 Servings)

WITH MEALS | PRE | DURING | POST | BETWEEN MEALS

Supplement Facts

Serving Size: 3 Capsules Servings Per Container: 30

	Amount Per Serving	%Daily Value*
Vitamin B6 (as Pyridoxine HCL)	10.5mg	525%
Magnesium (Magnesium Aspartate)	450mg	113%
Zinc (as mono L-methionine & Zinc Aspartate)	30mg	200%

*Percent Daily Values based on a 2,000 calorie diet

OTHER INGREDIENTS: Gelatin (Capsules), Vegetable Magnesium Stearate, and Silicon Dioxide.

SUGGESTED USE: As a dietary supplement, take 3 capsules daily on an empty stomach before meals or before sleep or as directed by the practitioner. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: THIS PRODUCT IS ONLY INTENDED TO BE CONSUMED BY HEALTHY INDIVIDUALS OVER THE AGE OF 18 YEARS. If you are pregnant or nursing, taking any medication or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF THE REACH OF CHILDREN.

STORE IN A COOL, DRY PLACE.

TAMPER EVIDENT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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