

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

**VEGETARIAN | GLUTEN FREE | NON-GMO | LACTOSE FREE**

No Excipients, No Fillers, Allergen Free, No Artificial Color, Flavor or Sweetener, No Preservatives, No Starch, No Sugar, No Soy, No Wheat, No Yeast, No Fish, No Milk, Sodium Free.

**Warning:** NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18. KEEP OUT OF THE REACH OF CHILDREN. If you are pregnant, breast feeding, have known medical conditions (including kidney or liver disease) or are taking prescription or OTC medication(s) consult with your health care practitioner before using this product. Discontinue use two weeks prior to surgery.

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**Manufactured by: NutraBio Labs, Inc.**

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MANUFACTURED IN OUR  
**GMP & FDA**  
INSPECTED FACILITY  
FDA Registration: 16906175560



**NUTRABIO®**

**ZMA®**

**ANABOLIC MINERAL SUPPORT**

**SUPPORTS GROWTH, RECOVERY & SLEEP †**

 **180**  
Veggie Capsules

Dietary  
Supplement



## Supplement Facts

Serving size: 3 v-caps for men (2 vegetable caps for women)  
Servings per container: 60 for men (90 for women)

| Amount Per Serving                                  | % Daily Value* |            |
|-----------------------------------------------------|----------------|------------|
|                                                     | Men            | Women      |
| <b>Vitamin B6</b><br>(as pyridoxine hydrochloride)  | 10.5 mg 525%   | 7 mg 350%  |
| <b>Magnesium</b><br>(as aspartate)                  | 450 mg 113%    | 300 mg 75% |
| <b>Zinc</b><br>(as mono-L-methionine and aspartate) | 30 mg 200%     | 20 mg 133% |

\*Percent Daily Value based on a 2,000 calorie diet.

Other Ingredients: vegetable capsule.

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.

## FULL LABEL DISCLOSURE

NO PROPRIETARY BLENDS | EVERY INGREDIENT DISCLOSED WITH DOSAGE

CHECK.  
VERIFY.  
TRUST. [View Independent Lab Results  
CHECKMYSUPPS.COM](https://www.checkmysupps.com)



PRODUCT FILLED TO THIS LEVEL ▲