

The Original ZMA® is a mineral support formula containing bioavailable forms of zinc and magnesium.* It supports muscle strength and power in athletes.* ZMA® also helps promote a deep and restful sleep to aid in recovery from exercise.* This synergistic formula was designed to be used in conjunction with an effective exercise program.* It also supports a healthy immune system.*

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 | **ANABOLIC MINERAL
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	% Daily Value for Men		% Daily Value for Women	
Vitamin B ₆ (as Pyridoxine HCl)	10.5 mg	618%	7 mg	412%
Magnesium (as Aspartate & Oxide)	450 mg	107%	300 mg	71%
Zinc (as Mono-L-Methionine, Aspartate & Oxide)	30 mg	273%	20 mg	182%

**Daily Value (DV) Not Established

Other Ingredients: Hypromellose (Vegetarian Capsule)
Note: %DV are based on new RDI's.

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