

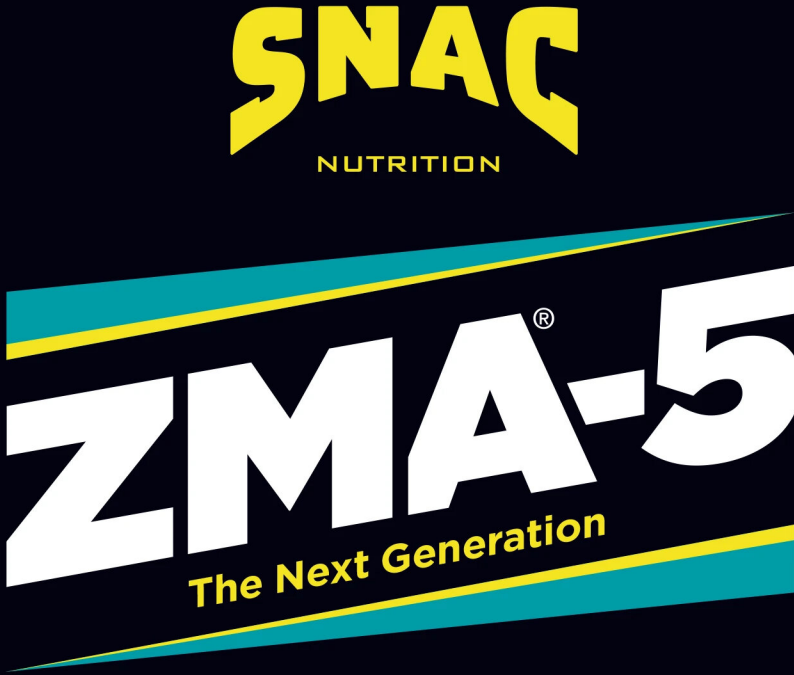
ZMA®-5 combines the original ZMA® with the amino acid 5-Hydroxytryptophan (5-HTP) to create a synergistic blend of ingredients. The components in ZMA are co-factors in the conversion of 5-HTP to serotonin, which helps to elevate mood and support sleep.* BioPerine® has been added to increase the absorption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

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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	for Men	% DV for Men	for Women	% DV for Women
Vitamin B6 (as Pyridoxine HCl)	10.5 mg	618%	7 mg	412%
Folate	166.7 mcg DFE (100 mcg Folic Acid)	42%	111 mcg DFE (66.7 mcg Folic Acid)	28%
Magnesium (as Aspartate & Oxide)	450 mg	107%	300 mg	71%
Zinc (as Mono-L-Methionine, Aspartate & Oxide)	30 mg	273%	20 mg	182%
5-Hydroxytryptophan (5-HTP) (from <i>Griffonia simplicifolia</i> Seed Extract)	50 mg	**	33.3 mg	**
BioPerine® (Black Pepper Fruit Extract)	5 mg	**	3.33 mg	**

**Daily Value (DV) not established.

Other Ingredients: Hydroxypropyl methylcellulose (vegetarian capsules)

DISTRIBUTED BY
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