

STORAGE: Store at room temperature. Exposure to heat, light or air can have negative effects related to product quality. Therefore keep out of direct light or heat. Keep sealed when not in use.

WARNING: This product is only intended for use by healthy adults over 18 years of age. Consult your physician before using this product if you are taking any prescription or over the counter medications or supplements. Do not use this product if you are pregnant, expect to become pregnant or are nursing. Do not use this product if you are at risk or are being treated for any medical condition or if you are taking a MAO inhibitor. **KEEP OUT OF REACH OF CHILDREN.**

3 MILLIGRAMS OF MELATONIN PER SERVING

*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.

Exclusively Developed & Manufactured For:
MusclePharm® Corp.
4400 Vanowen Street, Burbank, CA 91505 USA
Made in a cGMP Registered Facility.

MAXIMIZE YOUR TRAINING WITH DEEPER SLEEP*

MusclePharm® Z-PM is a sleep and recovery supplement designed for athletes looking to maximize their training regimen. Deep and restful sleep is an essential part of recovery and is critical for ensuring optimal performance and continued improvement. Each serving of MusclePharm® Z-PM includes 3 mg of Melatonin, as well as added Fenugreek to support natural testosterone levels and muscle strength.*

Prime yourself for tomorrow.*

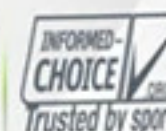
KEY FEATURES

- ✓ SUPPORTS RESTFUL SLEEP*
- ✓ 3 MG OF MELATONIN*
- ✓ ADDED FENUGREEK*



MP
ESSENTIALS

BANNED
SUBSTANCE
TESTED



Z-PM

RECOVERY & SLEEP SUPPORT*

DIETARY SUPPLEMENT
60 CAPSULES

60
SERVINGS

SUGGESTED USE: Consume one serving (1 capsule) of MusclePharm® Z-PM 30-60 minutes before bedtime. Use as part of a healthy diet and exercise program.*

SUPPLEMENT FACTS

Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	% DV*
Vitamin B6 (as Pyridoxine Hydrochloride)	3 mg	150%
Magnesium (as Magnesium Aspartate)	113 mg	28%
Zinc (as Zinc Aspartate)	7.5 mg	50%
Copper (as Copper Glycinate)	10 mcg	<1%
Fenugreek (<i>Trigonella foenum graceum</i>)	50 mg	†
Seed Extract (Standardized to 50% Saponins)		
Melatonin	3 mg	†

* Percent Daily Values are based on a 2000 calorie diet.
† Daily value not established

Other Ingredients: Gelatin, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

ALLERGEN WARNING: This product was produced in a facility that may also process ingredients containing milk, eggs, fish, shellfish, tree nuts, peanuts, wheat and soybeans.