

SUGGESTED USE:

Men: As a dietary supplement, take 3 capsules daily on an empty stomach 30-60 minutes before bedtime or as directed by your healthcare professional. Avoid taking with dairy or other calcium-containing foods or supplements.

Women: As a dietary supplement, take 2 capsules daily on an empty stomach 30-60 minutes before bedtime or as directed by your healthcare professional. Avoid taking with dairy or other calcium-containing foods or supplements.

- **THIRD PARTY TESTED†**
- **NON-GMO†**
- **GLUTEN-FREE†**

WARNING: For healthy individuals 18 years and older. Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not use if safety seal is broken or missing.

NOTICE: Store in a cool, dry place.

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NTC7.21



nutricost
PERFORMANCE

ZMA®

Anabolic Mineral Support†

180

Capsules

60

SERVINGS

180 CAPSULES
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 Capsules for Men, 2 Capsules for Women
Servings Per Container: 60 for Men, 90 for Women

Amount Per Serving	% Daily Value*	
	Men	Women
Vitamin B6 (as pyridoxine HCL)	10.5mg 620%	7mg 410%
Magnesium (as aspartate)	450mg 110%	300mg 70%
Zinc (as L-monomethionine and aspartate)	30mg 270%	20mg 180%

*Percent Daily Values (DV) are based on a 2000 calorie diet.

Other ingredients: Capsule (gelatin), magnesium stearate (vegetable source), microcrystalline cellulose, silicon dioxide.

† 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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