Core ZZZ contains only the most effective recovery agents, in clinical servings, to effectively target multiple pathways for recovery and sleep support. Get Core ZZZ, and get your ZZZ's.†

WARNING: This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: an auto-immune condition, a depressive disorder, a sleep condition, high or low blood pressure or diabetes, or if you are using any prescription or over the counter medication including sedatives or other CNS depressants, corticosteroids, immunosuppressants, anti-coagulants or medications to treat diabetes or high or low blood pressure. Do not take this product in combination with alcoholic beverages. This product contains ingredients that may cause drowsiness. Do not operate a vehicle or heavy machinery following consumption of this product. Immediatey discontinue use and contact a medical doctor if you experience any adverse reaction to this product. Do not use if safety seal is broken or missing. Store in a cool dry place. KEEP OUT OF REACH OF CHILDREN.

DIRECTIONS: Mix 1 scoop with 6-8 ounces of water and consume approximately 15-30 minutes before bed. Best taken on an empty stomach. Do not use more than 5 days per week.

†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.

CORE NUTRITIONALS®

ZZZ

RECOVERY AND SLEEP SUPPORT

REST† | RECOVER† | RESTORE† | REGENERATE†

PINEAPPLE PEACH

NATURALLY & ARTIFICIALLY FLAVORED DIETARY SUPPLEMENT

20 SERVINGS • NET WT. 9.5 OZ (270 G)

Supplement Facts

Serving Size: 1 Scoop (13.5 g)
Servings Per Container: 20

	Amount Per Serving (1 scoop)	% DV
Vitamin B-6 (as Pyridoxine HCl)	10 mg	500%
Magnesium (as Magnesium aspartate)	450 mg	112%
Zinc (as Zinc monomethionine)	30 mg	200%
Gamma-aminobutyric acid (GABA)	3000 mg	**
L-Glycine	3000 mg	**
L-Tryptophan	1000 mg	**
L-Ornithine HCl	400 mg	**
Mucuna pruriens Extract (seed) (50% L-dopa)	250 mg	**
L-Theanine	200 mg	**
5-HTP (5-hydroxytrptophan)	150 mg	**
Melatonin	5 mg	**

* Percent Daily Values are based on a 2,000 calorie diet. ** Daily Value not established.

OTHER INGREDIENTS: Malic Acid, Natural and Artificial Flavor, Silicon Dioxide, Sucralose, Acesulfame Potassium, Guar Gum.

Manufactured in a U.S. cGMP Facility.
Distributed by: Core Nutritionals, LLC, Sterling, VA 20164.
www.corenutritionals.com, info@corenutritionals.com,
(888) 978-2332.

Crush It!®

>> Protect from heat, light and moisture.
>> Store at 10-25°C (50-77°F)

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