

RECOVERY 450 MG AND RESTFUL MAGNESIUM DEEP+SLEEP.

✓ RESTORATIVE MINERAL SUPPORT.

✓ Z OPTIMA's formula has been shown to increase muscle strength and boost anabolic response when used in conjunction with weight training in athletes with common nutritional deficiencies.✓

✓ IMPROVE SLEEP QUALITY.

✓ The ingredients in Z OPTIMA have been shown to support natural deep sleep cycles, with less waking episodes.✓

✓ Improved sleep quality further supports maximizing✓



RECOVERY



GROWTH



REGENERATION

For Best Results: Combine with Nutrakey's Melatonin to enhance deep, restful sleep, and improve natural sleep cycles.✓

HEALTH FOR EVERY LIFESTYLE

RECOVERY & AID



NutraKey

RESTORATIVE MINERAL SUPPORT

Z OPTIMA

✓ ENHANCE RECOVERY ✓ PROMOTE SLEEP



RESTFUL SLEEP



SUPPORT RECOVERY



STIMULATE GROWTH



DIETARY SUPPLEMENT

120 CAPSULES 40 SERVINGS

Supplement Facts

Serving Size: 3 Capsules	Amount Per Serving	% DV
Zinc (Monomethionine and Aspartate)	30mg	200%
Magnesium (Aspartate)	450mg	113%
Vitamin B6 (Pyridoxine HCL)	10.5mg	525%

**Daily Value not established.

Other Ingredients: Gelatin (Capsule).

Recommended Use: Men take 3, women take 2 capsules daily, preferably on an empty stomach 30-60 minutes before bedtime. For best results, avoid taking within 1 hour of consuming dairy or other calcium containing foods or supplements.

Warning: Pregnant or lactating women, diabetics, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements. Do not use if seal is broken.

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✗ Do not use if packaging has been tampered with. Store in a cool, dry place.
Packaging is BPA (Bisphenol A) free.

UPC

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✓ 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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