

**The Original ZMA®** is a mineral support formula containing bioavailable forms of zinc and magnesium.\* It supports muscle strength and power in athletes.\* ZMA® also helps promote a deep and restful sleep to aid in recovery from exercise.\* This synergistic formula was designed to be used in conjunction with an effective exercise program.\* 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](mailto: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.

ZMA® is a registered trademark of SNAC System, Inc.

**SNAC** SCIENTIFIC NUTRITION for ADVANCED CONDITIONING

**SNAC**  
NUTRITION

**ZMA®**  
The Original

**DIETARY SUPPLEMENT**

90 Veg Capsules

**ANABOLIC MINERAL  
SUPPORT FORMULA\***

## Supplement Facts

Serving Size: 3 Capsules for Men  
Servings Per Container: 30

Serving Size: 2 Capsules for Women  
Servings Per Container: 45

| Amount Per Serving                                | % Daily Value<br>for Men |      | % Daily Value<br>for Women |      |
|---------------------------------------------------|--------------------------|------|----------------------------|------|
| Vitamin B <sub>6</sub><br>(as Pyridoxine HCl)     | 10.5 mg                  | 618% | 7 mg                       | 412% |
| Magnesium<br>(as Aspartate & Oxide)               | 450 mg                   | 107% | 300 mg                     | 71%  |
| Zinc (as Mono-L-Methionine,<br>Aspartate & Oxide) | 30 mg                    | 273% | 20 mg                      | 182% |

\*\*Daily Value (DV) Not Established

**Other Ingredients:** Hypromellose (Vegetarian Capsule)

DISTRIBUTED BY SNAC SYSTEM, INC. SAN CARLOS, CA 94070 USA [www.snac.com](http://www.snac.com) 1-800-697-2086

