

**Suggested Use:** 3 capsules taken with fruit juice daily, before or after exercise, or as directed by a healthcare professional. It may be advisable to take this product in cycles: 4 to 6 weeks on, then 4 to 6 weeks off. For best results, avoid taking with dairy or calcium-containing foods or supplements.

**Caution:** Do not exceed recommended dose. This product is not intended for pregnant or nursing mothers or children under the age of 18. Maintain sufficient fluid intake while taking this product. If you have a known medical condition and have questions about the advisability of taking this product, consult your physician prior to use.

**KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

 **BIOPERINE®**

BioPerine® is a trademark of Sabinsa

ZMA® is a Federal trademark of SNAC System, Inc., San Carlos, CA 94070

\*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.

Lot # and Best by date printed on the bottom of the bottle.



Nature's  
Craft

# ZMA®

WITH 5-HTP FOR SLEEP SUPPORT\*

ZMA® FORMULA

90

CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 3 Capsules  
Servings Per Container: 30

	Amount Per Serving	% DV**
Vitamin B6 (as pyridoxine hydrochloride)	10.5 mg	618%
Magnesium (as magnesium aspartate, magnesium oxide)	450 mg	107%
Zinc (as zinc mono-L-methionine, zinc aspartate, zinc oxide)	30 mg	273%
5-Hydroxytryptophan (5-HTP) (from Griffonia Simplicifolia Seed Extract)	50 mg	**
BioPerine® Black Pepper Fruit Extract Piperine	5 mg 4.75 mg	** **

\*\* Daily Value (DV) not established.

**Other Ingredients:** Gelatin (Capsule), Rice Flour, Magnesium Stearate)

Manufactured Exclusively For: **Nature's Craft**

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