

SCIENTIFIC NUTRITION FOR ADVANCED CONDITIONING

ZMA[®] NIGHTCAP

NEW AND IMPROVED FLAVOR!

APPLE BERRY

Naturally and Artificially Flavored

RAPID RECOVERY SLEEP ENHANCER**

SNAC

DIETARY SUPPLEMENT

NET WT. 15.9 OZ (450 GRAMS)

ZMA[®] Nightcap was designed for people who prefer a small fast-acting 4 to 6 ounce glass of a delicious tasting drink, as opposed to a capsule form of their nighttime ZMA anabolic mineral support formula. The new ZMA Nightcap contains ZMA-5, the next generation in recovery and sleep enhancement, and provides a quicker and more effective method of delivery. ZMA-5 is an improved formula that combines the original ZMA with the amino acid 5-Hydroxytryptophan (5-HTP) to create a synergistic and highly potent blend of ingredients. The components in ZMA are all important co-factors in the conversion of 5-HTP to serotonin, which is a neurotransmitter that helps to elevate mood and enhance sleep. This novel ZMA Nightcap formula promotes an even deeper and more efficient sleep process while maximizing healing, tissue repair, anabolic hormone production, and muscle growth.**

Suggested Use: As a dietary supplement, men take 3 scoops mixed with 6 ounces of water 30-60 minutes before bedtime, preferably on an empty stomach. Women take 2 scoops mixed with 4 ounces of water 30-60 minutes before bedtime.

****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.**

Note: Please be advised that imitation Zinc Magnesium Aspartate products are not the same as ZMA and may not produce the same results that were obtained in the ZMA study.



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

SUPPLEMENT FACTS

Serving Size: 3 scoops for Men (15 grams), 2 scoops for Women (10 grams)
Servings Per Container: 30 for Men, 45 for Women

Amount Per Serving	Men	% DV*	Women	% DV*
Calories	20		15	
Total Carbs	6 g	2%	4 g	2 %
Sugars	4 g		3 g	
Vitamin B6 (as pyridoxine hydrochloride)	10.5 mg	525%	7 mg	438%
Folic Acid	100 mcg	25%	66.7 mcg	17%
Calcium	5 mg	0%	3.3 mg	0%
Magnesium (as aspartate)	450 mg	113%	300 mg	100%
Zinc (as monomethionine and aspartate)	30 mg	200%	20 mg	160%
Sodium	85 mg	4%	60 mg	3%
5-HTP (5-Hydroxytryptophan)	50 mg	†	33.3 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Maltodextrin, Dextrose, Malic Acid, Natural & Artificial Flavor, Silicon Dioxide, Calcium Carbonate, Sucralose, Carmine.

Manufactured in a plant that processes milk, wheat, soy and eggs.

DISTRIBUTED BY SNAC SYSTEM, INC.
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