

Suggested Use: Men take 3, or women take 2 capsules daily, preferably on an empty stomach 30 – 60 minutes before bedtime. For best results, avoid taking with dairy or other calcium-containing foods or supplements.

VEGETARIAN | GLUTEN FREE | NON-GMO | LACTOSE FREE

No Excipients, No Fillers, No Artificial Color, Flavor or Sweetener, No Preservatives, Sodium Free, No Sugar.

Warning: NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18. KEEP OUT OF THE REACH OF CHILDREN. If you are pregnant, breast feeding, have known medical conditions (including kidney or liver disease) or are taking prescription or OTC medication(s) consult with your health care practitioner before using this product. Discontinue use two weeks prior to surgery.

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

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FDA Registration: 16906175560



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NUTRABIO**

ZMA®

ANABOLIC MINERAL SUPPORT

SUPPORTS GROWTH, RECOVERY & SLEEP †



180

Veggie Capsules

Vitamin & Mineral Supplement



Supplement Facts

Serving size: 3 veggie capsules for men (2 veggie capsules for women)
Servings per container: 60 for men (90 for women)

Amount Per Serving	% Daily Value	
	Men	Women
Vitamin B6 (as pyridoxine hydrochloride)	10.5 mg 52%	7 mg 35%
Magnesium (as aspartate)	450 mg 113%	300 mg 75%
Zinc (as mono-L-methionine and aspartate)	30 mg 200%	20 mg 133%

Other Ingredients: vegetable capsule.

STORE IN A COOL DRY PLACE.

†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.

FULL LABEL DISCLOSURE

NO PROPRIETARY BLENDS | EVERY INGREDIENT DISCLOSED WITH DOSAGE

CHECK,
VERIFY,
TRUST.

View Independent Lab Results

CHECKMYSUPPS.COM



Product filled to this level ▲