



CORE SERIES

DIETARY SUPPLEMENT
60 CAPSULES

Z-CORE PM™

ANABOLIC MINERAL SUPPORT FORMULA WITH FENUGREEK

**SUPPORTS NATURAL TESTOSTERONE
LEVELS & MUSCLE STRENGTH**

- PROMOTES DEEP SLEEP & RECOVERY*
- SUPPORTS HEALTHY LIBIDO FUNCTION*
- 60 SERVINGS*



DIRECTIONS: Take 1-2 capsules daily for men and 1 capsule daily for women, preferably on an empty stomach, 30-60 minutes prior to bedtime.

SUPPLEMENT FACTS

Serving Size: 1 capsules
Servings Per Container: 60

Amount Per Serving		% DV
Vitamin B6 (as Pyridoxine Hydrochloride)	3 mg	150%
Copper (as Copper Glycinate)	10 mcg	0.5%
Magnesium (as Magnesium Aspartate)	113 mg	28.25%
Zinc (as Aspartate)	7.5 mg	50%
Proprietary Trigonella foenum greacum extract standardized for 50% Saponins	50 mg	*
Melatonin	3 mg	*

* Percent Daily Values are based on a 2000 calorie diet.
† Daily value not established.

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

ALLERGEN WARNING: This product was produced in a facility that may also process ingredients containing milk, egg, soybeans, shellfish, fish, tree nuts, and peanuts.

STORAGE CONDITIONS: Store in a cool dry place.

WARNING: Check with a qualified healthcare professional before using this product if you are pregnant, nursing a baby, under 18 years of age, or if you have any known or suspected medical condition(s) and/or are taking any prescription or OTC medication(s). Individuals under 18 years of age are restricted from purchasing this product. Do not use in conjunction with alcoholic beverages, when driving a vehicle or while operating machinery. Consult a physician if using more than 4 weeks.
KEEP OUT OF REACH OF CHILDREN.



DEMAND MORE OF YOUR BODY— AND GET Z-CORE PM™

MusclePharm® Z-Core PM™ promotes deeper and more efficient sleep to maximize healing, tissue repair, anabolic hormone production, testosterone levels and muscle growth. It delivers the benefits of precise dosages and Z-Core PM™ ingredient ratios, and adds the synergistic effects of fenugreek to support natural levels of free testosterone and healthy libido function in women and men. *

MUSCLEPHARM.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.

EXCLUSIVELY DEVELOPED &
MANUFACTURED FOR:
MUSCLEPHARM® CORP.

4721 Ironton St.
Denver, CO 80239 USA
MADE IN A cGMP CERTIFIED FACILITY
MADE IN USA

