

SLEEP \ RECOVERY \ GROWTH \ STRENGTH

WE SUPPLEMENT THE FIT TO BECOME THE FITTEST



**SWOLVERINE'S ZMT** maximizes your body's ability to stimulate muscle growth, by promoting high-quality sleep, and naturally boosting testosterone levels. With clinically dosed sleep ingredients such as Melatonin, GABA, Theanine, Tryptophan, Valerian Root, Magnesium Glycinate, and powerful adaptogens like Ashwagandha, Zinc, Rhodiola Rosea, and Tongkat Ali, ZMT is the perfect nighttime elixir for restful recovery and sleep.

**SUGGESTED USE:** Take 6 capsules of ZMT 30 minutes prior to bed to enjoy a soothing and relaxing night sleep.

-  **IMPROVES SLEEP**
-  **MAXIMIZES RECOVERY**
-  **BUILDS MORE MUSCLE**
-  **INCREASES STRENGTH**

**WARNING:** Consult with a physician prior to use if you have any medical conditions. Do not use if pregnant or lactating.

**WARNING:** For adult use only at bedtime. If you are taking medication or have a medical condition, consult a physician before using this product. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Discontinue use two weeks prior to surgery.

\*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.

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SWOLVERINE

ZMT  
zzz

ADVANCED TESTOSTERONE BOOSTER  
+ NIGHT TIME SLEEP ELIXER

180 CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 6 Vegetarian Capsules

Serving Per Container: 30

	Amount Per Serving	%DV*
Vitamin B6 (as Pyridoxal-5-Phosphate)	25mg	1,471%
Magnesium (as Magnesium Glycinate)	422mg	100%
Zinc (as Zinc Citrate)	50mg	455%
L-Taurine	1000mg	**
L-Theanine	500mg	**
L-Tryptophan	500mg	**
Ashwagandha Root Extract (KSM-66®) (Withania somnifera) (Organic)	300mg	**
GABA (Gamma-Aminobutyric acid)	100mg	**
Valerian Root Extract (Valeriana officinalis L.)	100mg	**
Tongkat Ali Root Extract (Eurycoma longifolia)(100:1)	50mg	**
Rhodiola Rosea Root Extract (4:1)	50mg	**
DIM (3,3'-Diindolylmethane)	50mg	**
Black Pepper Fruit Extract (BioPerine®) (Piper nigrum)	5mg	**
Melatonin	3mg	**

\* Percent Daily Value (DV) are based on 2,000 calorie diet  
\*\*%Daily Value (DV) not established

**OTHER INGREDIENTS:** Hydroxypropyl Methylcellulose, Magnesium Stearate, Microcrystalline Cellulose, Silicon Dioxide

Manufactured for:

**Swolverine**  
4690 Longley Ln., STE 15  
Reno, NV 89502

BioPerine® is a registered trademark of the Sabinsa Corporation  
Sourced from a GMP certified facility. Formulated in USA.

