

RECOVER™ PROVIDES A SYNERGISTIC BLENDING OF ZINC AND MAGNESIUM, FORMULATED TO MAXIMIZE ABSORPTION AND PROMOTE RECOVERY FROM TRAINING AND EXERCISE.*

ZMA® is the only non-steroidal all natural dietary supplement that is clinically considered to increase the level of free testosterone in the male body†

RECOVER ZMA PRODUCES DRAMATIC GAINS IN:

- Strength†
- Endurance†
- Healing†
- Growth†
- Restful Sleep†

DIRECTIONS: Men take 3, 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.

WARNING: KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF PREGNANT OR NURSING. Consult your doctor prior to use if you have or are at risk for prostate disease, heart disease, or any other general medical condition. Consult your doctor prior to use if you're taking any other medications. Do not exceed suggested dosage.

CAUTION: Persons or athletes that are subject to performance enhancement testing should consult with their sanctioning body before use. NOT suitable for persons under the age of 18 years old.

90 Capsules

FORMUTECH NUTRITION
RECOVER ZMA

REDUCES CRAMPING†
PROMOTES RECOVERY†
PROMOTES BETTER SLEEP†

Dietary Supplement

SUPPLEMENT FACTS

Serving Size: 3 Capsules for Men

2 Capsules for Women

Servings per Container: 30 for Men, 45 for Women

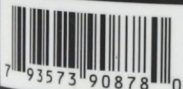
	Men 3 capsules Amount DV%	Women 2 Capsules Amount DV%
Vitamin B6 (as pyridoxine hydrochloride)	10.5 mg 525%	7mg 350%
Magnesium (as aspartate)	450 mg 113%	300 mg 75%
Zinc (as mono-L-methionine and aspartate)	30 mg 200%	20 mg 133%

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

Other Ingredients: Gelatin, Flour (wheat), Titanium Dioxide

ZMA® is a registered 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.



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