

DIRECTIONS | Men take 3 capsules (women take 2 capsules) by mouth once daily, 30 - 60 minutes before bedtime. For best results, avoid taking with dairy or other calcium-containing foods or supplements.

WARNING | Not intended for persons under the age of 18. Consult your health care professional prior to use if you have or suspect a medical condition, are taking prescription drugs or are pregnant or breast feeding.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry place away from sunlight & with lid securely tightened.

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.

CALIFORNIA'S PROPOSITION 65 WARNING

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information go to: www.P65Warnings.ca.gov/food

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LBL5773.00

5PERCENTNUTRITION.COM



5% CORE

ZMA®

WITH BORON

90 CAPSULES

DIETARY SUPPLEMENT



THIRD PARTY TESTED



PRODUCT GUARANTEE

Supplement Facts

Serving Size: 3 Capsules for Men, 2 Capsules for Women
Servings Per Container: 30 for Men, 45 for Women

	Amount Per Serving (Men)	% DV* (Men)	Amount Per Serving (Women)	% DV* (Women)
Vitamin B6 (as Pyridoxine Hydrochloride)	10.5 mg	615%	7 mg	412%
Magnesium (as Magnesium Aspartate, Magnesium Oxide)	450 mg	107%	300 mg	71%
Zinc (as Zinc Mono-L-Methionine, Zinc Aspartate, Zinc Oxide)	30 mg	273%	20 mg	152%
Boron (as Boron Glycine)	5 mg	**	3 mg	**

* Percent Daily Value

** Percent Daily Value not established

Other Ingredients: Gelatin (Capsule), Rice Powder, Magnesium Stearate

This product was produced in a facility that may also process ingredients containing milk, egg, soy, shellfish, fish, tree nuts, wheat and peanuts.

Exclusively Developed
& Manufactured for:

Largo, FL 33777
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