

 **3 caps** (men)
2 caps (women)

 **30-60 min.**

 **before bed**

 Best if taken
empty stomach

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 | ALLERGEN FREE | NON-GMO | GLUTEN FREE | BSE/TSE FREE

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.

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MANUFACTURED IN A
GMP & FDA
INSPECTED FACILITY



NUTRABIO

RECOVERY | GROWTH | SLEEP

ZMA®

ANABOLIC MINERAL SUPPORT

NO FILLERS

NO EXCIPIENTS

NO ADDITIVES

Maximize Muscle Recovery & Growth†

Rapid Anabolic Sleep Enhancer

HPLC Lab Tested for Potency

180 V-caps

60 SERVINGS

TRUE LABEL®
FULL LABEL DISCLOSURE
Dietary Supplement | Vegetable Capsule

MADE IN A
GMP
— & —
FDA
INSPECTED
FACILITY

Supplement Facts

Serving size: 3 v-caps for men (2 v-caps 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	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 2000 calorie diet.

Other Ingredients: vegetable capsule.

STORE IN A COOL DRY PLACE.

NUTRABIO®

Since 1996

Manufactured by NutraBio Labs, Inc.
564 Lincoln Blvd., Middlesex, NJ 08846
(732-748-8606) WWW.NUTRABIO.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.

