

DIRECTIONS: Take 3 capsules daily for men, or 2 capsules daily for women, 30–60 minutes prior to bedtime. For best results, take on an empty stomach, or avoid taking with foods and supplements containing calcium. Store in a cool, dry place.

† 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.

WARNINGS: Do not take if you are pregnant or breast feeding. Consult your health care professional before using this or any dietary supplement, especially if you are under medical supervision, taking prescription medication, or if you suffer from a serious medical condition. Do not use if seal under cap (or cello–band over cap) is torn, broken or missing. **KEEP OUT OF REACH OF CHILDREN.**



Zn-Mag-Alpha™

ZINC & MAGNESIUM

490
MG/SERV

90
CAPSULES

SLEEP†

DIETARY SUPPLEMENT

PURE SERIES™

Supplement Facts

Serving Size: 3 Capsules (2 Capsules for women)
Servings Per Container: 30 for men (45 for women)

Amount Per Serving	%DV*
Vitamin B6 (as Pyridoxine HCl).....10.5 mg	530%
Magnesium (as Magnesium Aspartate)....450 mg	110%
Zinc (as Zinc Gluconate).....30 mg	200%

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

Other Ingredients: Gelatin (capsule), Magnesium Stearate, Silicon Dioxide



Distributed by: Applied Nutraceuticals®
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