



ZMA[®] TECH

VITAMIN B6,
MAGNESIUM & ZINC

180 CAPSULES • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Capsules for Men, 2 Capsules for Women
Servings Per Container 60 for Men, 90 for Women

	Amount Per Serving	Men's % DV	Amount Per Serving	Women's % DV
ZMA [®] (Zinc Magnesium Aspartate)	2500 mg	*	1668 mg	*
Vitamin B6 (as pyridoxine HCl)	10.5 mg	525%	7 mg	350%
Magnesium (as magnesium aspartate)	450 mg	113%	300 mg	75%
Zinc (as mono-L-methionine sulfate and aspartate)	30 mg	200%	20 mg	133%

* Daily Value not established.

Other ingredients: Gelatin, rice flour, magnesium stearate, silicon dioxide.

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Starch, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

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.

DIRECTIONS: As a dietary supplement, take three (3) capsules daily for men and two (2) capsules daily for women, preferably on an empty stomach 30 – 60 minutes before bedtime. For best results, avoid taking with food or supplements containing calcium.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT

Do not use if outer seal is broken or missing.

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