



1 serving

Mixed with



16 oz.

Favorite Beverage



30-60 min.



before bed

Best if taken



empty stomach

Suggested Use: Men take 2 scoops, or women take 1 1/3 scoops 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.

ZMA® is a registered trademark of SNAC System, Inc., San Carlos, CA 94070



Quality and purity since 1996. NutraBio manufactures in our own FDA registered & inspected GMP facility complying with FDA 21 CFR Part 111 regulations.

**MANUFACTURED IN OUR
GMP & FDA
INSPECTED FACILITY**

NUTRABIO®

RECOVERY | GROWTH | SLEEP

ZMA®

ANABOLIC MINERAL SUPPORT

Maximize Muscle Recovery & Growth.†

Rapid Anabolic Sleep Enhancer.



POWDER 120 SERVINGS

292G

TRUE LABEL
FULL LABEL DISCLOSURE



Dietary Supplement
Net Weight 10.3 oz.

MADE IN OUR
GMP
— & —
FDA
INSPECTED
FACILITY

Supplement Facts

Serving size: 2 scoops (1 1/3 scoops for women)
Servings per container: 120 (179 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: ABSOLUTELY NONE.

Manufactured by NutraBio Labs, Inc.,
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†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.