

(PLEASE READ THE ENTIRE LABEL BEFORE USE)

**Recommended Use:** As a dietary supplement, Men take 3, or Women take 2 capsules daily, preferably on a empty stomach 30-60 minutes before bedtime. For best results, avoid taking with dairy or other calcium-containing foods or supplements.

**Warning:** This product is only intended to be consumed by healthy individuals 18 years of age or older. Consult your physician prior to use if you are pregnant or nursing. Do not exceed recommended use. Improper use will not improve results and is not advised. Keep out of reach of children. Store in a cool dry place. Do not use if safety seal is broken.

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.

© 2016 Nutricost, LLC  
1404 W State Street #208, Pleasant Grove, UT 84062  
Made in the USA

[www.nutricost.com](http://www.nutricost.com)



**nutricost**

**ZMA®**

**Anabolic Mineral Support**

**490MG** | **180** | **60**  
per serving† | capsules | servings†

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                          | % Daily Value* |           |
|---------------------------------------------|----------------|-----------|
|                                             | Men            | Women     |
| Vitamin B6<br>(as Pyridoxine HCL)           | 10.5mg 525%    | 7mg 350%  |
| Magnesium (as Aspartate)                    | 450mg 113%     | 300mg 75% |
| Zinc (as L-Monomethionine<br>and Aspartate) | 30mg 200%      | 20mg 133% |

\* Percent Daily Value based on a 2000 calorie diet.

Other Ingredients: Gelatin, Magnesium Stearate



† Based on Men's Serving Size

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