

ZMA® Nightcap was designed for people who prefer a small fast-acting 4 to 6 ounce glass of a delicious tasting drink, as opposed to a capsule form of their nighttime ZMA mineral support formula. The new ZMA Nightcap contains ZMA-5, the next generation in exercise recovery and sleep support, and provides a quicker and more effective method of delivery.* ZMA-5 is an improved formula that combines the original ZMA with the amino acid Hydroxytryptophan (5-HTP) to create a synergistic and highly potent blend of ingredients. The components in ZMA are all important co-factors in the conversion of 5-HTP to serotonin, which is a neurotransmitter that helps to elevate mood and support sleep.* This novel ZMA Nightcap formula supports an even deeper and more efficient sleep process while also supporting muscle growth and recovery from exercise.*

Suggested Use: As a dietary supplement, men take 3 scoops mixed with 6 ounces of water 30-60 minutes before bedtime, preferably on an empty stomach. Woman take 2 scoops mixed with 4 ounces of water 30-60 minutes before bedtime.

Note: Please be advised that imitation Zinc Magnesium Aspartate products are not the same as ZMA and may not produce the same results that were obtained in the ZMA study.

*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.

To report any serious adverse events, please call 800-697-2086 or email info@snac.com.

ZMA® is a registered trademark of SNAC System, Inc.
Bioperine® is the patented product and registered trademark of Sabinsa Corporation.



ZMA®
NIGHTCAP

Recovery and Sleep Support Formula*

DIETARY SUPPLEMENT

Net Wt. 15.9 oz (450 g)

APPLE BERRY
Natural & Artificial Flavor

Supplement Facts

Serving Size: 3 Scoops for Men (15 grams)
Servings Per Container: 30

Serving Size: 2 Scoops for Women (10 Grams)
Servings Per Container: 45

Amount Per Serving	Men % DV **		Women % DV **	
Calories	20		15	
Total Carbohydrates	6 g	2%	4 g	2%
Sugars	4 g		3 g	
Vitamin B ₆ (as Pyridoxine Hydrochloride)	10.5 mg	525%	7 mg	350%
Vitamin B ₉ (as Folic Acid)	100 mcg	25%	66.7 mcg	17%
Magnesium (as Aspartate)	450 mg	113%	300 mg	75%
Zinc (as Mono-L-Methionine and Aspartate)	30 mg	200%	20 mg	133%
Sodium	85 mg	4%	60 mg	3%
5-HTP (as Griffonia Simplicifolia)	50 mg	†	33.3 mg	†
Bioperine® Black Pepper Extract	5 mg	†	3.33 mg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Maltodextrin, Dextrose, Malic Acid, Natural & Artificial Flavor, Silicon Dioxide, Calcium Carbonate, Sucralose, Carmine.
Manufactured in a plant that processes milk, wheat, soy and eggs.

DISTRIBUTED BY SNAC SYSTEM, INC.
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