

Supplement Facts

ZMA

Serving Size: 3 Capsules (Men) / 2 Capsules (Women)
Servings Per Container: 30/45

Amount Per Serving	Men % DV*		Women % DV*	
Zinc (as mono-l-methionine and aspartate)	30 mg	200%	20 mg	130%
Magnesium (as aspartate)	450 mg	110%	300 mg	70%
Vitamin B6 (as pyridoxine HCl)	11 mg	550%	7 mg	370%

Other Ingredients: Gelatin, Magnesium Stearate, Carboxymethyl Cellulose.

Allergen Statement: Produced in a facility that handles Wheat, Soy, Milk and Shellfish (Glucosamine).

* Percent daily values are based on a 2000 calorie diet
† Daily Value not established