

 **3 caps (men)**
2 caps (women)

 **30-60 min.**

 **before bed**

 **Best if taken empty stomach**

Suggested Use: Men take 3, or women take 2 capsules 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 | 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. Discontinue use two weeks prior to surgery.

Manufactured by: NutraBio Labs, Inc.
 564 Lincoln Blvd., Middlesex, NJ 08846
 www.nutrabiobio.com / info@nutrabiobio.com (732-748-8606)



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 INSPECTED FACILITY
 FDA Registration: 16906175560



NUTRABIO®

ZMA®

ANABOLIC MINERAL SUPPORT

NO FILLERS | RECOVERY †
NO EXCIPIENTS | GROWTH †
NO PROP BLENDS | SLEEP †



180
V-Caps Dietary Supplement

MADE IN OUR
GMP
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 INSPECTED
 FACILITY



Supplement Facts

Serving size: 3 v-caps for men (2 v-caps for women)
 Servings per container: 60 for men (90 for women)

Amount Per Serving	% Daily Value*	
	Men	Women
Vitamin B6 (as pyridoxine hydrochloride)	10.5mg 525%	7mg 350%
Magnesium (as aspartate)	450mg 113%	300mg 75%
Zinc (as mono-L-methionine and aspartate)	30mg 200%	20mg 133%

*Percent Daily Value based on a 2000 calorie diet.

Other Ingredients: vegetable capsule.

STORE IN A COOL DRY PLACE.

†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.

FULL LABEL DISCLOSURE

NO PROPRIETARY BLENDS | EVERY INGREDIENT DISCLOSED WITH DOSAGE

CHECK. VERIFY. TRUST. [View Independent Lab Results](http://ViewIndependentLabResults.CHECKMYSUPPS.COM)

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