

ZMA-PATENTED

Serving Size: 3 Capsules

30 servings

Amount Per Serving: % Daily Value

3 Capsules (Men):

Vitamin B6: 10.5 mg 525%

Magnesium: 450 mg 113%

Zinc: 30 mg 200%

2 Capsules (Women):

Vitamin B6: 7 mg 350%

Magnesium: 300 mg 75%

Zinc: 20 mg 133%

Directions: Take 3 capsules daily (2 capsules for women), preferably on an empty stomach, 30-60 minutes before bedtime. For best results, avoid taking with dairy or other calcium-containing foods or supplements.

Other Ingredients: Cellulose, gelatin and magnesium stearate.