

Directions: Men take 3 capsules daily, 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.

Warning: If you have a medical condition or are using a prescription medicine, consult a health care professional before using this or any dietary supplement. If you are a competitive athlete, check with your sports association before using this product. Do not use this product if you are pregnant or nursing. Not recommended for use by those under the age of 18.

- Do not use if seal is broken or missing
- Keep out of reach of children
- Protect from heat, light, and moisture
- Store in a cool, dry place; 15-30°C (59-86°F)

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* 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.

ULTIMATE
NUTRITION®

PLATINUM SERIES

ZMA®

Anabolic Sport Formula*

VITAMIN & MINERAL SUPPLEMENT
90 CAPSULES

Daily
Pre
During
Post
Night



Supplement Facts

Serving Size: 3 Capsules for Men, 2 Capsules for Women
Servings per Container: 30 for Men, 45 for Women

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

* % Daily Values based on a 2000 calorie diet

Other Ingredients: Cellulose, Gelatin, and Magnesium Stearate.

Distributed by:
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