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› Nutricost ZMA Supplement NTC110101 User Manual

Nutricost NTC110101

Nutricost ZMA Supplement NTC110101 User Manual

Comprehensive instructions for your Nutricost ZMA 180 Capsules

1. INTRODUCTION

This manual provides essential information for the safe and effective use of Nutricost ZMA 180 Capsules. Nutricost ZMA is a dietary supplement formulated with Zinc, Magnesium, and Vitamin B6, designed to support various bodily functions.



Anabolic Mineral Support[†]

180

Capsules

60

Servings

180 CAPSULES
DIETARY SUPPLEMENT



Image 1.1: Front view of the Nutricost ZMA 180 Capsules bottle, showing the brand logo, product name, and capsule count.

2. SAFETY INFORMATION

Please read all safety information carefully before using this product.

- For healthy individuals 18 years and older.
- Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition.
- Keep out of reach of children.
- Do not use if the safety seal is broken or missing.



SUGGESTED USE:

Men: As a dietary supplement, take 3 capsules daily on an empty stomach 30–60 minutes before bedtime or as directed by your healthcare professional. For best results, avoid taking with dairy or other calcium-containing foods or supplements.

Women: As a dietary supplement, take 2 capsules daily on an empty stomach 30–60 minutes before bedtime or as directed by your healthcare professional. For best results, avoid taking with dairy or other calcium-containing foods or supplements.

- **THIRD PARTY TESTED[†]**
- **NON-GMO[†]**
- **GLUTEN-FREE[†]**

WARNING: For healthy individuals 18 years and older. Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not use if safety seal is broken or missing.

NOTICE: Store in a cool, dry place.

Manufactured for: **nutricost**
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(866) 438-3694 | support@nutricost.com

nutricost.com

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NTC.06.25



Image 2.1: Back label of the Nutricost ZMA bottle, detailing safety warnings and suggested usage instructions.

3. INGREDIENTS

Each serving of Nutricost ZMA contains the following active and inactive ingredients:

- **Active Ingredients:** Vitamin B6 (as pyridoxine HCl), Magnesium (as magnesium aspartate, magnesium oxide), Zinc (as zinc mono-L-methionine, zinc aspartate).
- **Other Ingredients:** Gelatin Capsule, Calcium Carbonate, Magnesium Stearate (vegetable source), Zinc Oxide.

Supplement Facts			
Serving Size: 3 Capsules for Men, 2 Capsules for Women			
Servings Per Container: 60 for Men, 90 for Women			
Amount Per Serving	% Daily Value		
	Men	Women	
Vitamin B6 (as pyridoxine HCl)	10.5mg 618%	7mg 412%	
Calcium	90mg 7%	60mg 5%	
Magnesium (as magnesium aspartate, magnesium oxide)	450mg 107%	300mg 71%	
Zinc (as zinc mono-L-methionine, zinc aspartate)	30mg 273%	20mg 182%	

Other ingredients: Gelatin capsule, calcium carbonate, magnesium stearate (vegetable source), zinc oxide.

180

Capsules

60

Servings

Image 3.1: Detailed Supplement Facts panel, showing the amount per serving for men and women, and daily value percentages for Vitamin B6, Calcium, Magnesium, and Zinc.

4. DIRECTIONS FOR USE

Follow these instructions for optimal use of Nutricost ZMA capsules.

4.1 Dosage

- **Men:** Take 3 capsules daily.
- **Women:** Take 2 capsules daily.

4.2 Administration

- Preferably take on an empty stomach 30-60 minutes before bedtime.
- Avoid taking with dairy or other calcium-containing foods or supplements, as calcium can interfere with zinc and magnesium absorption.
- Always follow the directions of your healthcare professional if different from these instructions.

Note: Some users have reported capsules can be hard to swallow. Ensure adequate water intake when consuming.

5. SPECIFICATIONS

Product Specifications for Nutricost ZMA NTC110101

Feature	Detail
Brand	Nutricost
Model Number	NTC110101
Item Form	Capsule
Unit Count	180 Count
Servings Per Bottle	60 (Men) - 90 (Women)
Item Weight	8 Ounces
Diet Type	Gluten Free
Special Ingredients	ZMA (Zinc, Magnesium, Vitamin B6)
Manufacturing Facility	NSF Certified, GMP Compliant, FDA Registered
Certifications	Non-GMO, Gluten-Free, Third Party Tested

6. QUALITY AND MANUFACTURING

Nutricost ZMA is produced under strict quality control standards to ensure product integrity and purity.

- **Non-GMO:** This product is free from genetically modified organisms.
- **Gluten-Free:** Suitable for individuals avoiding gluten.
- **Third Party Tested:** Independent laboratory testing verifies product quality and purity.
- **GMP Compliant Facility:** Manufactured in a facility adhering to Good Manufacturing Practices.
- **FDA Registered Facility:** Produced in a facility registered with the U.S. Food and Drug Administration.

nutricost[®]

QUALITY



Image 6.1: Visual representation of Nutricost's quality assurances, including Non-GMO, Gluten-Free, Third Party Tested, and GMP Compliant Facility badges.

7. STORAGE AND MAINTENANCE

Proper storage ensures the longevity and efficacy of your Nutricost ZMA supplement.

- Store in a cool, dry place.
- Keep the bottle tightly closed when not in use.
- Do not expose to excessive heat or moisture.

8. TROUBLESHOOTING

This section addresses common inquiries or minor issues users might encounter.

8.1 Difficulty Swallowing Capsules

Some individuals may find the capsules challenging to swallow due to their tendency to float. To mitigate this:

- Take capsules with a generous amount of water.
- Try tilting your head slightly forward when swallowing, as this can help the capsule sink.

8.2 Digestive Upset

If you experience mild digestive upset, ensure you are taking the supplement on an empty stomach as directed. If issues persist, consult a healthcare professional.

9. LEGAL DISCLAIMER

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.

10. MANUFACTURER INFORMATION AND SUPPORT

For further assistance or inquiries, please contact Nutricost directly.

Manufacturer: Nutricost

Address: 341 E 1750 N, Vineyard, UT 84059

Phone: (866) 438-3694

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Website: www.nutricost.com

For more information about Nutricost products, visit the official [Nutricost Store on Amazon](#).

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Details

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