

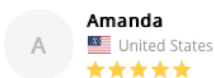
Forty Winkz ZMA Advanced



Listen to your body – it'll tell you that it needs 7 to 9 hours of sleep every night to function at its best. This Earth Fed Essential – an advanced combination of zinc, magnesium, vitamin B6, choline and vitamin C – will help you zero in on your one true superpower: a good night's sleep.

- **Contains:**

- **Zinc L-carnosine is more bioavailable, and helps to balance the immune system and normalize hormone levels.**
- **Vitamin B6 Increases Serotonin - the happy hormone**
- **Contains bio-available vitamin C for nervous system recovery and immune system health**



02/26/2020

👍 I recommend this product

Been using this for years and my logs prove it works

I've been using the ZMA product since it came out. I took a small break from it, just wasn't training as much and regretted that choice. My boyfriend and I diligently take this product every night and it makes all the difference. I have a WHOOP that tracks my sleep and you can legitimately see the plummet in my recovery and sleep when I have forgotten to take it. When I am consistently taking it, the quality of my sleep is so awesome - lots of REM and even SWS (deep) sleep! No product compares.

As someone who had struggled hardcore with sleeping, this has been a game changer.