

## WAKE UP TO MORE MUSCLE

If you're having difficulty building the strength and muscle you want, or if you've hit a plateau, you may be undervaluing one important part of your training routine — sleep!

In fact, a good night's sleep may be the most powerful muscle-building force in nature. It induces regeneration and repair, as cells replace themselves with bigger, stronger replicas. When you're not sleeping long enough or deeply enough, you're missing out on the natural anabolic window that activates explosive growth, depriving muscles of prime GHG and testosterone production.

GainZzz™ is the new, smart formula that helps you harness the full anabolic power of a solid night's sleep. Developed by the Harvard- and MIT-trained scientists at Force Factor, GainZzz is specifically engineered to help you get to sleep quickly and stay asleep during the critical window when the production of natural anabolic hormones is at its highest, and the body's muscle-building cycle is at its peak. With GainZzz, you're helping to rebuild muscle throughout the night and limit catabolic breakdown, so you can finally get every inch of size and ounce of strength from your workouts.

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



**MADE IN THE USA**

Distributed by Force Factor, LLC  
Boston, MA 02108 • 1-866-44-FORCE

**FORCE  
FACTOR**

# GAINZZZ™

RECOVER FROM TODAY, RECHARGE FOR TOMORROW

REDUCE IMMUNOSUPPRESSION<sup>†</sup>

PREPARE MIND & BODY FOR SLEEP<sup>†</sup>

MAINTAIN STRENGTH<sup>†</sup>

**POST-WORKOUT  
RECOVERY**

60 | CAPSULES  
DIETARY SUPPLEMENT

## SUPPLEMENT FACTS

Serving Size: 2 Capsules  
Servings per Container: 30

	Amount per Serving	%DV
<b>Muscle Recovery Superblend</b>	1500 mg	*
<b>Body Recuperation Complex</b>		
Wellmune WGP® (Yeast Beta 1,3/1,6 Glucan), CherryPURE™ Tart Cherry Skin Extract, AuroraBlue® Blueberry Complex (fruit, leaves, stems)		
<b>Mind Relaxation Matrix</b>		
Gamma-Aminobutyric acid (GABA), 5-N-ethyl-glutamine (L-Theanine), L-Glutamic Acid		
<b>Sleep Rejuvenation Blend</b>		
L-Taurine, Holy Basil Leaf Powder, Melatonin (N-Acetyl-5-Methoxytryptamine)		

\*Daily Value (DV) not established.

Other Ingredients: Gelatin, Magnesium Stearate, Titanium Dioxide, FD&C Red #40, FD&C Blue #1, FD&C Red #3, FD&C Yellow #6.

**Keep out of reach of children. For adult use only.**

**Allergen Warning:** Manufactured by equipment which processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.

**Precautions:** Use only as directed. Consult a healthcare professional before use if you are pregnant or nursing, have a medical condition, or use prescription medications. Store in a cool, dry place. Protect from heat, light, and moisture.

**Do not drive, operate machinery, or consume alcohol while using GainZzz.**

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CherryPURE™ is a trademark of Shoreline Fruit, LLC.  
AuroraBlue® is a registered trademark of Denali Biotechnologies, Inc.

**DIRECTIONS** Take 2 capsules, 60 minutes before bedtime.