

How a Clinically Proven Formula Allows Men and Women to 'Sleep Their Way' to a World Class Body

How would you like to effortlessly transform your normal sleep-time hours into "mini-hibernations" of anabolic growth and recovery! Then read on, because this article is not about sleep, at least not primarily. It's about improving anabolic hormone levels, increasing your body's ability to recover, AND building strength and muscle while you sleep. This isn't some pie in the sky hype either, and in a few seconds, you'll see the proof.

All of us, especially athletes, need the RIGHT kind of sleep. Get the RIGHT kind of rest and the body you want will build itself! You know sleep is important, the body can't rebuild without it. But have you ever felt that sleep was more like a waste of your time rather than a good use of it? Many hard-core accomplishment driven people see the need to sleep merely as a "necessary evil". That may sound a bit harsh, but when you divide a twenty-four hour day equally between work, personal time, and sleep - 1/3 of your life is spent dozing! That truly is a lot of time. All of it spent in a state you can't even control. How proactive can you be in your sleep? Surprisingly, the truth is, sleeping correctly can be more proactive than you might think.

Greg Wyrabkiewicz



Many people wish that they didn't have to sleep. That's common. It's not of course, realistic, especially if you're trying to gain size and strength. But difficulty going to sleep or being able to sleep properly makes this reality more like a nightmare. Tossing and turning all night or waking up continuously makes everything else you do even tougher. It creates frustration because you're spending valuable hours trying to sleep, but not getting any benefit from it!

Don't Just "Turn In" For The Night! Let the Hours You Sleep Be A Proactive Time Of Optimizing Your Recovery, (Pass Those Plateaus The Easy Way!)

Beverly addressed the issue of getting the right kind of sleep long ago, when we created **Bev ZMA**. With **ZMA**, you can take a powerful step to ensure the sleeping you do will boost your progress like nothing before. What kind of progress? Well for starters, you'll sleep better and most importantly you'll sleep peacefully, deeply, the way your body needs to sleep to grow.

When you have **ZMA** in your system, your nightly trip to dreamland causes the level of anabolic hormones in your blood to go up. It doesn't take long to notice that each and every morning you wake feeling better. The great thing is, you've also got just a little bit stronger...and with that increase in strength, you get an increase in muscle size! Pretty Cool, Eh?

Body Building While You Sleep Is the Epitome of a "Better Way" You Can Experience This Better Way – All You Need Is Bev ZMA!

ZMA is a patented, all natural product, scientifically developed (specifically) to enhance recovery by improving the efficiency of your sleep. It's not theory either, it has been laboratory tested and is clinically proven to significantly increase both anabolic hormone levels and muscle strength. **ZMA** is made



in a unique, proprietary process which supercharges the absorption and utilization of both zinc and magnesium, in your body. While zinc and magnesium deficiencies are common in the general population, deficiencies of these minerals are even more prevalent in athletes. Research shows that rigorous training results in significantly greater bodily losses of zinc and magnesium.

For example; in one test of over 250 NFL players, over 70% of them were either depleted or deficient in zinc and magnesium. After correcting their zinc and magnesium deficiencies with appropriate **ZMA** supplementation, many of these athletes reported very positive results. One of the teams coach's commented that "players using **ZMA** are cramping much less and seem to be getting a much more deep and restful sleep, which significantly enhances their recovery".

ZMA Every Night Speeds Up Your Recovery Time

The NFL study took place over an 8-week period, but you may notice you sleep more soundly and wake feeling more rested and refreshed in a matter of days. Oh, and one thing that's important to know, **BEV ZMA** will not leave you feeling groggy in the morning like sleep aids can. You simply (perhaps finally) get to enjoy your "shut eye" and while you do, you're accomplishing more for your body than your previous way of sleeping ever did. (Perfect for anyone who wishes they could accomplish more with the time they have).

Strength, And Energy Improve Like Mad! (Really, No Kidding)

Your body's natural supply of anabolic hormones goes through some ups and downs. It's not uncommon to reach a plateau that you cannot break through because the amount of anabolic hormones that your body naturally produces is not high enough. The only way to break through the plateau is to raise the level of anabolic hormones in your blood. Here are your options...

1. Take Bev ZMA nightly. It's simple, safe, proven to increase anabolic hormone levels and muscle strength, and it turns your sleep time into a "mini-hibernation" of rejuvenation and anabolic healing! Plus it is not banned by any athletic organizations including the NCAA, NFL, or the U.S. Olympic Committee.

2. You can use steroids, but it's illegal, dangerous and, well...not smart.

Obviously, choice #1 is the best choice. **Bev ZMA** is like nothing else! We recommend that you take three capsules, 30-60 minutes before bedtime. Healing, tissue repair, anabolic hormone production and muscle growth are maximized during sleep. Quality sleep is extremely important to you.

Beverly's ZMA packs a multipurpose punch for the hard training male and female. If a busy schedule forces you to train late into the evening, you typically have too many restless nights and poor quality sleep. You need every hour of sleep to count in order to recharge and recover for the next busy day. **ZMA** enables you to sleep very deeply and feel energized for each morning.

BEV ZMA established an entirely new category of all natural sports performance products called "Nighttime Anabolic Formulas" or "Sleep and Recovery Aids". Maximizing recovery, healing, tissue repair, anabolic hormone production and muscle growth, they are all part of the "recover as you sleep" gospel of ZMA...isn't it time you experienced a sleep conversion? Call us today and start making the most of your sleep time. Dial 1-800-781-3475 and say I want my ZMA!

Look What's Inside Bev ZMA

Supplement Facts:
Container Size: 90 Capsules
Serving Size: 3 Capsules
Servings Per Container: 30

Amount per capsule:
 Magnesium 450mg
 (from Magnesium Aspartate)
 Zinc 30mg
 (from Zinc Monomethionine
 and Zinc Aspartate)
 Vitamin B-6 10.5mg

Suggested Use:
 Take 30 minutes before retiring,
 or 30 minutes prior to your last
 meal of the evening.

Men take 3 capsules.
 Women take 2 capsules.

**Looking
for the
highest
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most
effective
products?
Look to
Beverly.**