

ITEM # 12151
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ZMA®

**Mineral
SUPPORT FORMULA**
Zinc, Magnesium & Vitamin B-6
FOR ATHLETIC LIFESTYLES

**Dietary
Supplement**
90 CAPSULES



Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving		%Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	10.5 mg	525%
Magnesium (as Magnesium Citrate and Magnesium Oxide)	450 mg	113%
Zinc (as Zinc L-Monomethionine and Zinc Aspartate)	30 mg	200%

Other Ingredients: Gelatin, Vegetable Magnesium Stearate.

**No Gluten, No Yeast, No Wheat,
No Milk or Milk Derivatives, No Lactose,
No Soy, No Egg, No Corn, No Grapefruit,
No Fish, No Sweetener, No Sugar,
No Starch, No Preservatives,
No Artificial Color, No Artificial Flavor,
No Sodium.**

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

Directions: For adults, take three (3) capsules daily, preferably with a meal. For best results, avoid taking with dairy or other calcium-containing foods or supplements.

ZMA® is a unique, university-tested, mineral support formula containing highly bioavailable forms of Magnesium and Zinc, including Zinc L-Monomethionine (L-OptiZinc™).

The ZMA® formulation also contains Vitamin B-6, which acts as a cofactor to an enzyme required for aspartate metabolism.* Zinc is involved with energy metabolism and Magnesium is an essential component of the muscle enzyme creatine kinase and is a vital factor in energy production and muscle contractions.*

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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ACTUAL SIZE