

ACTUAL SIZE

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CODE 2200

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Do Not Eat Freshness Packet. Keep in Bottle.
Store in a cool, dry place. Please Recycle.

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

ZMA® is the ideal supplement to aid in their replenishment.*

ZMA® is a synergistic combination of Zinc and Magnesium designed to maximize absorption and promote recovery from exercise. Zinc plays a central role in the regulation of cellular growth and tissue repair, as well as the maintenance of a healthy immune system. Magnesium is essential for the maintenance of electrolyte balance, energy production and normal neuromuscular function. Because physical activity can increase the need for these two minerals, ZMA® is the ideal supplement to aid in their replenishment.*

Consider taking this product in combination with NOW® D-Flame™, Celadrin® and Testolack 100™.

SUGGESTED USAGE: As a dietary supplement, men take 3 capsules (women take 2 capsules) daily, preferably on an empty stomach, 30 – 60 minutes before bedtime. For best results, avoid taking with dairy or other calcium-containing foods or supplements.



ZMA®

Sports Recovery*
with Zinc, Magnesium
& Vitamin B-6
90 Capsules



A Dietary Supplement

Supplement Facts

Serving Size: 3 Capsules for Men (2 Capsules for Women)
Servings Per Container: 30 for Men (45 for Women)

	Amount Per Serving (Men)	% Daily Value (Men)
Vitamin B-6 (from Pyridoxine HCl)	15 mg	750%
Magnesium (from Magnesium Aspartate)	450 mg	113%
Zinc (from Zinc L-Methionine and Zinc Aspartate)	30 mg	200%
ZMA®	2.4 g (2,400 mg) †	
(patent pending mineral blend of Zinc L-Methionine, Zinc Aspartate, Magnesium Aspartate and Pyridoxine HCl)		

† Daily Value not established.

Other ingredients: Gelatin (capsule), Rice Flour and Magnesium Stearate (vegetable source).

Manufactured by NOW FOODS, 395 S. Glen Elyn Rd.

Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

Contains no sugar, salt, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

ZMA® is a registered trademark of SNAC Systems, Inc., patent pending.