

CODE 2201



V2

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.

ACTUAL SIZE

7 33739 02201 1



*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.*

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

ZMA®

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

180 Capsules

A Dietary Supplement



Supplement Facts

Serving Size: 3 Capsules for Men (2 Capsules for Women)
Servings Per Container: 60 for Men (90 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® (patent pending mineral blend of Zinc L-Methionine, Zinc Aspartate, Magnesium Aspartate and Pyridoxine HCl)	2.4 g (2,400 mg) †	

† Daily Value not established.

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

Manufactured by NOW FOODS, 395 S. Glen Ellyn 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.