

The Original ZMA[®] is a scientifically designed, university laboratory tested anabolic mineral support formula. ZMA increases muscle strength (1, 2) and promotes a deep a restful sleep which is extremely important for maximizing healing, recovery, regeneration and growth. ZMA is a uniquely synergistic formula designed to be used in conjunction with an effective exercise program.*

1. Brilla, LR and Conte, V. Abstract presented Nov. 14, 1998 at the 18th Ann. meeting of the S.W. Chapter of the ACSM. Sports Medicine, Training and Rehabilitation (in press). 2. Brilla, LR and Conte, V. Medicine and Science in Sports and Exercise, Vol. 31, No. 5, May 1999

Note: Please be advised that imitation Zinc Magnesium Aspartate products are not the same as ZMA and may not produce the same results that were obtained in the ZMA study.

*These statements have not been evaluated by the FDA.

This product is not intended to diagnose, treat, cure, or prevent any disease.

ZMA is a registered trademark of SNAC System, Inc.

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ZMA[®]

**THE ORIGINAL
ANABOLIC MINERAL SUPPORT
FORMULA**

SNAC

SUPPLEMENT FACTS

Serving Size: 3 capsules for men - Servings Per Container: 30

Serving Size: 2 capsules for women - Servings Per Container: 45

Amount per Serving	% Daily Value for Men	% Daily Value for Women
Vitamin B ₆ (as pyridoxine hydrochloride)	10.5 mg 525%	7 mg 350%
Magnesium (as aspartate)	450 mg 113%	300 mg 75%
Zinc (As monomethionine and aspartate)	30 mg 200%	20 mg 133%

Other Ingredients: Gelatin and water

Suggested Use: Take 3 capsules daily for men and 2 capsules daily for women, preferably on an empty stomach, 30-60 minutes prior to bedtime. For best results, avoid taking with foods or supplements containing calcium.

