

**SPECIALTY
SUPPLEMENT**

**FOR BEST RESULTS, TAKE THREE (3)
CAPSULES DAILY WITH A MEAL.**

ZMA® IS A UNIQUE MINERAL SUPPORT FORMULA CONTAINING HIGHLY BIOAVAILABLE FORMS OF MAGNESIUM AND ZINC, INCLUDING ZINC L-MONOMETHIONINE (L-OPTIZINC®).

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

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. As a reminder, discuss the supplements and medications you take with your health care providers.

FREE OF: yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium (less than 5 mg per serving).

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

ZMA® is a registered trademark of SNAC System, Inc.
L-OptiZinc® is a trademark of InterHealth N.I.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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

MET-Rx

ZMA®

» **ESSENTIAL MINERALS FOR ENERGY
METABOLISM & RECOVERY SUPPORT***

» **ZINC, MAGNESIUM AND VITAMIN B-6**

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90 CAPSULES DIETARY SUPPLEMENT

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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.

MET-Rx
Shaping Every Body.®

Manufactured in the USA by
MET-Rx Nutrition, Inc.
Boca Raton, FL 33487

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Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com

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