



GET ONE MONTH OF
FREE ACCESS
TO HUNDREDS OF JIM'S WORKOUTS

MY GUARANTEE

ZMA[®] JYM is the perfect companion to my Vita JYM multivitamin/mineral supplement for your zinc and magnesium needs. I purposely left zinc and magnesium out of Vita JYM because you are far better off getting it separately from ZMA[®]. ZMA[®] JYM is designed for enhanced bioavailability of zinc and magnesium.



Jim Stoppani, PhD
Owner - JYM Supplement Science



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JIMSTOPPANI.COM/JYM-TRIAL



For more info on the JYM Supplement Science Lexicon and how it can help you optimize your results, go to JYMSupplementScience.com.

For questions regarding JYM products go to:
JYMSupplementScience.com or
@JimStoppani @DrJimStoppani

*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.

This product was produced in a GMP-compliant facility. Good Manufacturing Practices, or GMPs, are a set of standards which ensure the purity and proper labeling of dietary supplements.

ZMA[®]

HEALTH | STRENGTH | VITALITY[†]

JYM
supplement science

30mg

ZINC

450mg

MAGNESIUM

10.5mg

VITAMIN B6

ZMA SUPPLEMENT WITH ENHANCED BIOAVAILABILITY

90 CAPSULES, DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 Veggie Capsules

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin B6 (as pyridoxine HCl)	10.5mg	525%
Magnesium (as magnesium aspartate)	450mg	113%
Zinc (as mono-L- methionine and aspartate)	30mg	200%
BioPerine [®] black pepper extract	5mg	†

† Daily Value not established

OTHER INGREDIENTS: Rice bran powder, magnesium stearate

DIRECTIONS:

Males: Take 3 capsules on an empty stomach about 30-60 minutes before bed. Females: Take 2 capsules on an empty stomach about 30-60 minutes before bed.

WARNINGS:

KEEP OUT OF REACH OF CHILDREN. Store at 15-30°C [59-86°F]. Protect from heat, light and moisture. Do not purchase if seal is broken. This product contains chemicals known to the State of California to cause cancer and birth defects or reproductive harm. Do not use if you are pregnant or nursing.

BioPerine[®]

BioPerine[®] is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,535,506, 5,744,161, 5,972,382, 6,054,505.

ZMA[®] is a Federal trademark of SNAC System, Inc., San Carlos, CA 94070.

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