



MY PROMISE

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.

To learn more about the many benefits of ZMA®, head to www.jymsupplementscience.com.



Jim Stoppini, PhD
Owner - JYM Supplement Science

For questions regarding
JYM products visit, Twitter
@JimStoppini and use #JYM

* 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® SUPPLEMENT WITH ENHANCED BIOAVAILABILITY™

JYM
SUPPLEMENT SCIENCE

ZMA® JYM

30MG
ZINC

450MG
MAGNESIUM

10.5MG
VITAMIN B6



90 CAPSULES

DIETARY SUPPLEMENT
1 MONTH SUPPLY

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:

Hypromellose, rice flour
and magnesium stearate.

Distributed By: **PHD Fitness**
8721 Santa Monica Blvd #1241
Los Angeles, CA 90069-4507 USA
1-888-557-7774

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® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,536,506, 5,744,161, 5,972,382, 6,054,585, EP0810868, JP3953513 and CA2247467.

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



JYM119 • 1811V14