

Precision Engineered has pioneered the manufacture of premium sports nutrition supplements. Our commitment to quality is the highest in our industry. Every product undergoes rigorous analysis for purity, potency, safety and freshness. *We guarantee it.*



HARDCORE

PRECISION
ENGINEERED

SERIES

ZMA®

MINERAL SUPPORT FORMULA

FOR ATHLETES & ACTIVE LIFESTYLES

ZINC, MAGNESIUM & VITAMIN B-6

DIETARY
SUPPLEMENT

90 Rapid Release
Capsules

7



WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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

*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.

TO REORDER PROD. # **12151**
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
Precision Engineered Limited (USA)
Bohemia, NY 11716 U.S.A.
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B12150 09F

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.

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.

ZMA® is a unique, university-tested, mineral support formula containing highly bioavailable forms of Magnesium and Zinc, including Zinc L-Monomethionine (L-OptiZinc™).

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