



Jim Stoppani, PhD
Owner - JYM Supplement Science

For questions regarding JYM products go to:

📱 @JimStoppani 📧 @JimStoppaniPhD
or JYMSupplementScience.com

WARNINGS: Do not use if pregnant, nursing, or under the age of 18. Use only as directed. Consult your physician before using this or any other dietary supplement, especially if you have any known or suspected medical conditions and/or if you are taking any prescription or OTC medications.

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.

*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.



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ZMA®

30mg
ZINC
PER SERVING

450mg
MAGNESIUM
PER SERVING

10.5mg
VITAMIN B6
PER SERVING

ZINC & MAGNESIUM

MINERAL SUPPLEMENT
TO HELP SUPPORT RECOVERY,
STRENGTH, AND IMMUNE
FUNCTION*

DIETARY SUPPLEMENT

90 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

Amount Per Serving		% Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	10.5mg	618%
Magnesium (as Magnesium Aspartate & Magnesium Oxide)	450mg	107%
Zinc (as Zinc Aspartate, Zinc Mono-L- Methionine, & Zinc Oxide)	30mg	273%
Black Pepper (<i>Piper nigrum</i>) Fruit Extract (BioPerine®)	5mg	†

† Daily Value not established

OTHER INGREDIENTS: Vegetable Cellulose Capsule

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.

DISTRIBUTED BY:

PHD Fitness, 31300 Via Colinas #101
Westlake Village, CA 91362 USA 1-888-557-7774
CAP90ZMA 20218 062520 V7

BioPerine®

BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,530,506; 5,744,161; 5,972,382; 6,054,685; EP0810848; JP3953513 and CA 2247467.

ZMA® is a registered trademark of SINC System, Inc., San Carlos, CA 94070

