

Directions: Take 3 capsules 30-60 minutes before bed for men, 2 capsules for women.

WARNING: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. **Keep out of reach of children.**

ZMA® is a combination of zinc, magnesium and vitamin B-6 designed to maximize absorption and to promote recovery from exercise.* Zinc plays a central role in the regulation of cellular growth and tissue repair, as well as the maintenance of a healthy immune system.* Magnesium is essential for the maintenance of electrolyte balance, energy production and normal neuromuscular function.* Because physical activity can increase the need for these two minerals, ZMA® is the ideal supplement to aid in their replenishment.*

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

*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.

PESCIENCE

90
Capsules

Zn
Zinc

Mg
Magnesium

Superior Essentials

TruZMA

Zinc + Magnesium

Formulated From Science*



Not actual size

- ZMA® Complex featuring Zinc, Magnesium, and Vitamin B6
- 30-Day Supply for Men
- 45-Day Supply for Women

DIETARY SUPPLEMENT

90 CAPSULES

Supplement Facts

Serving Size: 3 capsules for men (2 capsules for women)

Servings Per Container: 30 for men (45 for women)

	Amount Per Serving (men)	% Daily Value (men)	Amount Per Serving (women)	% Daily Value (women)
Vitamin B6 (as pyridoxine HCl)	15 mg	882%	10 mg	588%
Magnesium (as magnesium aspartate and magnesium oxide)	450 mg	107%	300 mg	71%
Zinc (as zinc mono-L-methionine, zinc aspartate, and zinc oxide)	30 mg	273%	20 mg	182%

Other Ingredients: Hypromellose (cellulose capsule), Rice Flour and Stearic Acid (vegetable source)

Manufactured for PEScience LLC (3665 East Bay Dr. #204-155, Largo, FL 33771. USA. Ph: 888-885-0195).

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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. R.2

