



SCIENCE YOUR PROTECTOR

ZMA 180 Capsule

Supplement Facts for Men

Serving Size: 3 Capsules
Servings per Container: 60

	Amount per serving	% Daily* Value
Zinc (as -monomethionine and aspartate)	30mg	200%
Magnesium (as aspartate)	450mg	113%
Vitamin B6 (as pyridoxine)	10.5mg	525%

Supplement Facts for Women

Serving Size: 2 Capsules
Servings per Container: 90

	Amount per serving	% Daily* Value
Zinc (as -monomethionine and aspartate)	20mg	133%
Magnesium (as aspartate)	300mg	75%
Vitamin B6 (as pyridoxine)	7mg	350%

*Percent Daily Values are based on the 2000 Calorie Diet. Your daily values may be higher or lower depending on your caloric needs.

**Daily value not established.

Other Ingredients: Gelatin and magnesium stearate.

Suggested Use: Men take 3 (women take 2) capsules daily, preferably on an empty stomach 30 to 60 minutes before bedtime. For best results, avoid taking with dairy or other calcium-containing foods or supplements. The 180 cap size equals 60 servings for men and 90 servings for women.

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ZMA

Sci-Fit's ZMA is the only non-steroidal and all natural supplement (Patent Pending) clinically proven to increase free Testosterone levels and increase strength in athletes engaged in resistance training. ZMA, in a eight week double blind and placebo controlled study of NCAA football players, was found to increase total plasma Testosterone levels by 32.4%, free Testosterone levels by 33.5% and Insulin-Like Growth Factor (IGF-1) by 11.6% on average. The most compelling aspect of the study was that, while those taking the ZMA nightly exhibited increases in Testosterone and IGF-1 levels, those in the control group taking the placebo experienced a drop in Testosterone and IGF-1 levels on average. As we all know Testosterone builds muscle, so the benefits of supplementing with ZMA may prove to extraordinary for those trying to increase lean tissue growth and recovery.

ZMA consists of Zinc monomethionine, Magnesium Aspartate and Vitamin B6. It contains no prohormones and is one of the most natural and safest ways of increasing natural Testosterone and IGF-1 levels. Sci Fit uses only ZMA from Inter Health Nutraceuticals and is available in a 90 capsule and 180 capsule economy size. In order to maximize the recovery process your body undergoes while you sleep, we recommend you take Recovery P.M. along with ZMA.