

CAPSULE SIZE

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Made in the USA

CODE 2201

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Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.
Do Not Eat Freshness Packet. Keep in Bottle.

*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.

SUGGESTED USAGE: As a dietary supplement, take 3 capsules daily (men) or 2 capsules daily (women), preferably on an empty stomach, 30 - 60 minutes before bedtime. For best results, avoid taking with dairy or other calcium-containing foods or supplements. Consider taking these other NOW® products: D-Flame™, Celadrin® and Testolack 100™.

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®

Sports Recovery*

Zinc, Magnesium
& Vitamin B-6
180 Capsules

A Dietary Supplement



Supplement Facts

Serving Size: 3 Capsules for Men (2 Capsules for Women)
Servings Per Container: 60 for Men (90 for Women)

	Amount Per Serving (Men)	% Daily Value (Men)
Vitamin B-6 (from Pyridoxine HCl)	15 mg	750%
Magnesium (from Magnesium Aspartate)	450 mg	113%
Zinc (from Zinc Mono-L-methionine and Zinc Aspartate)	30 mg	200%
ZMA® (complex of Zinc Mono-L-methionine, Magnesium/Zinc Aspartate, and Pyridoxine HCl)	2.4 g (2,400 mg)	†

† Daily Value not established.

Other ingredients: Gelatin (capsule), Rice Flour and Magnesium Stearate (vegetable source).

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

For more product information visit www.nowfoods.com/2201

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.

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

Store in a cool, dry place after opening. Please Recycle.