

OPTIMUM NUTRITION® Zinc, Magnesium and Vitamin B6 is designed to fill gaps in micronutrient intake, particularly for those with active lifestyles. Zinc, Magnesium and Vitamin B6 supports the breakdown and transport of nutrients, helps convert food into cellular energy and provides immune support.▲

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18 OR WOMEN WHO ARE PREGNANT, TRYING TO GET PREGNANT, OR ARE NURSING.



**AUTHENTIC
OPTIMUM NUTRITION
PRODUCT**

OPTIMUMNUTRITION.COM/AUTHENTIC



MANUFACTURED IN THE USA

THIS PRODUCT CONTAINS INGREDIENTS
OF INTERNATIONAL AND DOMESTIC ORIGIN.

▲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.

ON OPTIMUM
NUTRITION

ZINC MAGNESIUM ASPARTATE CAPSULES

VITAMIN & MINERAL
SUPPORT FOR
ACTIVE ADULTS▲

POTENT COMBINATION
OF ZINC, MAGNESIUM
AND VITAMIN B6

TO HELP FILL GAPS IN
MICRONUTRIENT INTAKE

DIETARY SUPPLEMENT 180 CAPSULES 60 SERVINGS

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 60

	Amount per serving	% Daily Value
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	588%
Magnesium (as magnesium aspartate, magnesium oxide)	435 mg	104%
Zinc (as zinc aspartate, zinc monomethionine, zinc oxide)	28 mg	255%

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Magnesium Stearate.

DIRECTIONS:
Men – take 3 capsules before bed. Women – take 2 capsules before bed.

Suggested Use:
Intended for use in healthy adults and as part of a healthy, balanced diet and exercise program.



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ON MANUFACTURED BY
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STORE IN A COOL, DRY PLACE.

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EXP 05/24