

Suggested Use: Men take 3 capsules daily, women take 2 capsules daily, preferably on an empty stomach, 30-60 minutes before bedtime. For best results, avoid taking with dairy or other calcium-containing foods or supplements.

ZMA® is a unique anabolic formula manufactured by a proprietary process containing highly bioavailable forms of zinc and magnesium. Formulated with Vitamin B-6 to further enhance zinc and magnesium absorption and utilization, **ZMA®** is a powerful non-steroidal, 100% natural dietary supplement that is clinically proven. **ZMA®** is the original zinc-magnesium supplement developed by SNAC System, Inc. and the only one validated by the published research.

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.



Distributed by:
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ULTIMATE NUTRITION®

PLATINUM SERIES

ANABOLIC SPORT FORMULA

ZMA®

Vitamin and Mineral 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	%DV*	Women	%DV*
Vitamin B6 (as pyridoxine hydrochloride)	10.5mg	525%	7mg	350%
Magnesium (as aspartate)	450mg	113%	300mg	75%
Zinc (as mono-l-methionine & aspartate)	30mg	200%	20mg	133%

* % Daily Values based on a 2000 calorie diet

Other Ingredients:

Cellulose, gelatin and magnesium stearate.

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