

Max ZMA is a scientifically designed, university laboratory tested anabolic mineral support formula. **Max ZMA** is an all natural product that has been shown to increase anabolic hormone levels and muscle strength in trained athletes (ref. 1,2).

A breakthrough study at Western Washington University has found zinc monomethionine may be absorbed better than other forms of zinc and improves zinc levels without adversely affecting copper levels (ref. 3,4).

Magnesium aspartate may be highly bioavailable and comparison studies have shown this form to have a superior rate of absorption (ref. 5). Vitamin B6 may enhance absorption and utilization of both zinc and magnesium (ref. 5,15).

Max ZMA is a uniquely synergistic and effective mineral formula designed to support healthy anabolic hormone production in conjunction with an effective exercise program.

Ref. 1,2,3,4,5,15. Brilla LR, Conte V. Medicine and Science in Sports and Exercise. Vol. 31, No. 5, May 1999.

KEEP OUT OF THE REACH OF CHILDREN. STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE, SUNLIGHT AND EXCESS HEAT. ALWAYS KEEP TIGHTLY SEALED.

*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.



NATURAL TESTOSTERONE BUILDER



- *Scientifically Designed & Formulated*
- *University Laboratory Tested*
- *Clinically Proven to Increase Strength and Lean Muscle Mass†*

Dietary Supplement • 90 CAPSULES

Directions: Take 3 capsules daily for men and 2 capsules daily for women on an empty stomach 30-60 minutes prior to bedtime. For best results, avoid taking with foods or supplements containing calcium.

Supplement Facts

Serving Size: Three (3) Capsules for Men

Servings Per Container: 30

Serving Size: Two (2) Capsules for Women

Servings Per Container: 45

Amount Per Serving	%DV Men*	%DV Women*
Zinc (as monomethione/aspartate)	30mg/200%	20mg/133%
Magnesium (as aspartate)	450mg/113%	300mg/75%
Vitamin B6 (as pyridoxine hydrochloride)	10.5mg/525%	7mg/350%

*Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Microcrystalline cellulose, magnesium stearate, rice powder, gelatin.

Allergy Information: Manufactured in a facility that processes milk, egg, fish, shellfish, tree nuts, wheat and soy.

MM Sports Nutrition uses the SNAC Systems patented formula in Max ZMA.

ZMA[®] is a registered trademark of SNAC Systems.

To report a serious adverse event, contact:
Max Muscle Sports Nutrition
210 W. Telford Ave., Orange CA 92665
www.maxmuscle.com

