



MY PROMISE

ZMA® JYM is the perfect companion to my Vita JYM multivitamin/mineral supplement for your zinc and magnesium needs. I purposely left zinc and magnesium out of Vita JYM because you are far better off getting it separately from ZMA®. ZMA® JYM is designed for enhanced bioavailability of zinc and magnesium.

To learn more about the many benefits of ZMA®, head to www.jymsupplementscience.com.

Jim Stoppini, PhD
Owner - JYM Supplement Science

For questions regarding
JYM products visit Twitter
@JimStoppini and use #JYM

* 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.

This product was produced in a GMP-compliant facility. Good Manufacturing Practices,
or GMPs, are a set of standards which ensure the purity and proper labeling of dietary
supplements.

ZMA® SUPPLEMENT WITH ENHANCED BIOAVAILABILITY*

JYM
SUPPLEMENT SCIENCE

ZMA® JYM

30MG
ZINC

450MG
MAGNESIUM

10.5MG
VITAMIN B6



90 CAPSULES

DIETARY SUPPLEMENT
1 MONTH SUPPLY

Supplement Facts

Serving Size: 3 Veggie Capsules

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin B6 (as pyridoxine HCl)	10.5mg	525%
Magnesium (as magnesium aspartate)	450mg	113%
Zinc (as mono-L- methionine and aspartate)	30mg	200%
BioPerine® black pepper extract	5mg	†

† Daily Values not established

OTHER INGREDIENTS:

Hypromellose, rice flour
and magnesium stearate.

DIRECTIONS:

Males: Take 3 capsules on an empty
stomach about 30-60 minutes before
bed. Females: Take 2 capsules on an
empty stomach about 30-60 minutes
before bed.

WARNINGS: KEEP OUT OF REACH OF CHILDREN.

Store at 15-30°C
(59-86°F). Protect from heat, light
and moisture. Do not purchase if
seal is broken. This product contains
chemicals known to the State of
California to cause cancer and birth
defects or reproductive harm. Do not
use if you are pregnant or nursing.

BioPerine® is a patented ingredient
and registered trademark of Sabinsa
Corporation. Patent numbers
5,536,506, 5,744,161, 5,972,382,
6,054,585, EP0810868, JP3953513
and CA2247467.

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