

THE TRUE STRENGTH OF ZMA®
ZMA® is a potent combination of Zinc, Magnesium, and Vitamin B6.

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 THAT ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING.

STORE IN A COOL, DRY PLACE.

↑ 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.



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VITAMIN AND
MINERAL SUPPORT*

ZMA®

180
CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 60

Amount Per Serving		% Daily Value
Vitamin B6 (as pyridoxine HCl)	10.5 mg	525%
Magnesium (as aspartate)	450 mg	113%
Zinc (as aspartate and monomethionine)	30 mg	200%

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

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Magnesium Stearate, Magnesium Oxide, Zinc Oxide.

MANUFACTURED BY
OPTIMUM NUTRITION

975 Meridian Lake Dr.
Aurora, IL 60504

SUGGESTED USE: MEN: Take 3 capsules before bed.
WOMEN: Take 2 capsules before bed.

ZMA® is a registered trademark of SNAC System, Inc. (U.S. Patents 4,764,633 and 5,278,329)

1 (800) 705-5226 TRUESTRENGTH.COM
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MANUFACTURED IN THE USA
This product contains ingredients of international and domestic origin.