



ZMA[®]

Sports Recovery*
with Zinc, Magnesium
& Vitamin B-6
90 Capsules
A Dietary Supplement



SUGGESTED USAGE: Take 3 capsules daily (men) or 2 capsules daily (women), 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 combination of Zinc, Magnesium and Vitamin B-6 designed to maximize absorption and to promote recovery from exercise.* Zinc plays a central role in the regulation of cellular growth and tissue repair, as well as the maintenance of a healthy immune system.* Magnesium is essential for the maintenance of electrolyte balance, energy production and normal neuromuscular function.* Because physical activity can increase the need for these two minerals, ZMA[®] is the ideal supplement to aid in their replenishment.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Natural color variation may occur in this product. Do Not Eat Freshness Packet. Keep in Bottle.



CODE 2200
V7

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)	% Daily Value (Men)
Vitamin B-6 (from Pyridoxine HCl)	15 mg	750%
Magnesium (from Magnesium Aspartate)	450 mg	113%
Zinc (from Zinc Mono-L-methionine and Zinc Aspartate)	30 mg	200%
ZMA [®] (complex of Zinc Mono-L-methionine, Magnesium/Zinc Aspartate, and Pyridoxine HCl)	2.4 g (2,400 mg)	†

† Daily Value not established.

Other ingredients: Gelatin (capsule), Rice Flour and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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

Store in a cool, dry, dark place after opening. Please Recycle.