

**SPECIALTY  
SUPPLEMENT**

**FOR BEST RESULTS, TAKE THREE (3) CAPSULES  
DAILY, PREFERABLY RIGHT BEFORE BED.**

ZMA® IS A UNIQUE MINERAL SUPPORT FORMULA  
CONTAINING HIGHLY BIOAVAILABLE FORMS OF  
MAGNESIUM AND ZINC, INCLUDING ZINC  
L-MONOMETHIONINE (OPTIZINC®).

- Contains Vitamin B-6, which acts as a cofactor to an enzyme required for aspartate metabolism.\*
- Zinc is involved with energy metabolism\*
- Magnesium is an essential component of the muscle enzyme creatine kinase and is a vital factor in energy production and muscle contractions.\*

**Directions:** For adults, take three (3) capsules daily, preferably right before bed. For best results, avoid taking with dairy or other calcium-containing foods or supplements. As a reminder, discuss the supplements and medications you take with your health care providers.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

ZMA® is a registered trademark of SNAC System, Inc.  
OptiZinc® is a trademark of InterHealth N.I.

**KEEP OUT OF REACH OF CHILDREN. STORE AT  
ROOM TEMPERATURE AND AVOID EXCESSIVE  
HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL  
UNDER CAP IS BROKEN OR MISSING.**

\*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.

**MET-Rx®****ZMA®**

» **ESSENTIAL MINERALS FOR ENERGY  
METABOLISM & RECOVERY SUPPORT\***

» **ZINC, MAGNESIUM AND  
VITAMIN B-6**

**90 CAPSULES** DIETARY SUPPLEMENT

**SPECIALTY  
SUPPLEMENT****Supplement Facts**

Serving Size 3 Capsules  
Servings Per Container 30

| Amount Per Serving                                      | %Daily Value |      |
|---------------------------------------------------------|--------------|------|
| Vitamin B-6 (as Pyridoxine Hydrochloride)               | 10.5 mg      | 525% |
| Magnesium<br>(as Magnesium Citrate and Magnesium Oxide) | 450 mg       | 113% |
| Zinc (as Zinc L-Monomethionine and Zinc Aspartate)      | 30 mg        | 200% |

**Other Ingredients:** Gelatin, Vegetable Magnesium Stearate.

**MET-Rx®**  
**YOU CAN'T FAKE STRONG™**

Manufactured in the USA by  
**MET-Rx Nutrition, Inc.**  
Boca Raton, FL 33487  
©2015

Questions? Call toll free 1-800-55-MET-Rx  
To learn more, please go to  
[www.MET-Rx.com](http://www.MET-Rx.com)

12151 06F B12150



7 86560 12151 4