

MET-Rx® ZMA®

ZMA® is a unique, university tested, mineral support formula containing highly bioavailable forms of Magnesium and Zinc, including Zinc L-Monomethionine (L-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 with a meal. 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.

FREE OF: yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium (less than 5 mg per serving).

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

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.

MET-Rx®

ZMA®

»» MINERAL SUPPORT FORMULA ««

»» **Zinc, Magnesium and
Vitamin B-6**

90 CAPSULES

DIETARY 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 (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.

ZMA® is a trademark of SNAC System, Inc.
L-OptiZinc™ is a trademark of InterHealth N.I.

*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®
Shaping Every Body.®

Manufactured in the USA
by **MET-Rx Nutrition, Inc.**
Boca Raton, FL 33487
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Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com

