



# ZMA<sup>®</sup>

**Sports Recovery\***  
**with Zinc, Magnesium**  
**& Vitamin B-6**  
**180 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 bed time. For best results, avoid taking with dairy or other calcium-containing foods or supplements.

ZMA<sup>®</sup> 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<sup>®</sup> 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.

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CODE 2201

V4

## Supplement Facts

Serving Size: 3 Capsules for Men (2 Capsules for Women)  
Servings Per Container: 60 for Men (90 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 <sup>®</sup> (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<sup>®</sup> is a registered trademark of SNAC System, Inc. San Carlos, CA 94070

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