

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.

Code 2201CN v11



ZMA[®]

SPORTS RECOVERY*

**ZINC
MAGNESIUM
B-6**

**MUSCLE
STRENGTH***

**ENHANCED
ABSORPTION**

180 VEG CAPSULES
A Dietary Supplement



Supplement Facts

Serving Size: 3 Veg Capsules for Men (2 Veg Capsules for Women)
Servings Per Container: 60 for Men (90 for Women)

	Amount Per Serving (Men)	% Daily Value (Men)	Amount Per Serving (Women)	% Daily Value (Women)
Vitamin B-6 (from Pyridoxine HCl)	15 mg	882%	10 mg	588%
Magnesium (elemental) (from Magnesium Aspartate and Magnesium Oxide)	450 mg	107%	300 mg	71%
Zinc (elemental) (from Zinc Mono-L-methionine, Zinc Aspartate and Zinc Oxide)	30 mg	273%	20 mg	182%

Other ingredients: Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Silicon Dioxide.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomingdale, IL 60108, USA nowsportsproducts.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame 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.