

ACTUAL SIZE

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CODE 2200

V4

Do Not Eat Freshness Packet. Keep in Bottle.  
Store in a cool, dry place. Please Recycle.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

ZMA® is a synergistic combination of Zinc and Magnesium designed to maximize absorption and 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.\*

**SUGGESTED USAGE:** As a dietary supplement, men take 3 capsules (women take 2 capsules) daily, preferably on an empty stomach, 30 – 60 minutes before bedtime. For best results, avoid taking with dairy or other calcium-containing foods or supplements. Consider taking this product in combination with NOW® D-Flame™, Celadrin® and Testodack 100™.

# ZMA®

## Anabolic Sports Recovery\*

with Zinc, Magnesium  
& Vitamin B-6  
90 Capsules

A Dietary Supplement



### 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	110%
Zinc (from Zinc L-Methionine and Zinc Aspartate)	30 mg	200%
<b>ZMA®</b>	<b>2.4 g (2,400 mg)</b>	<b>†</b>

† Daily Value not established.

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

Contains no sugar, salt, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

ZMA® is a registered trademark of SNAC Systems, Inc., patent pending.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108  
Made in the U.S.A. [www.nowfoods.com](http://www.nowfoods.com)