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ZMA® Anabolic Sports Recovery* - 90 Capsules



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 fo the maintenance of electrolyte balance, energy production and normal neuro-muscular function. Because physical activity can increase the need for these two minerals, NOW® ZMA® is the ideal supplement to aid in their replenishment.*

PRODUCT #: 2200
UPC: 733739022004
SRP: $17.99
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Nutrition Info

	Amount Per Serving	% Daily Value
Vitamin B-6 (from Pyridoxine HCl)	15mg	750%
Magnesium (from Magnesium Aspartate)	450mg	110%
Zinc (from Zinc L-Methionine and Zinc Aspartate)	30mg	200%
ZMA™	2.4g (2,400mg)	†

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Details

Serving Size: 3 capsules for men (2 capsules for women)

Servings per container: 30

Suggested Use: 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.

Free of: sugar, salt, yeast, wheat, gluten, corn, soy, milk, egg, preservatives or artificial colors

Other Ingredients: Gelatin (capsule) and Magnesium Stearate

Warnings: CAUTION: Please discard the inedible freshness packet enclosed.

Disclaimers: *This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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

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