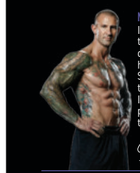

## MY GUARANTEE

I've taken the decades I've spent in school, the lab, the gym, and the kitchen an distilled them into the very product you hold in your hands. I formulated every JYM Supplement Science product to include the same ingredients at the exact amount I use to reap maximum performance and physique benefits. It's my hope that you, too, will experience similar results.*

Jim Stoppani, PhD
Owner - JYM Supplement Science

For questions regarding JYM products go to: @JimStoppani
@JimStoppaniPhD or JYMSupplementScience.com

**WARNINGS:** Do not use if pregnant, nursing, or under the age of 18. Use only as directed. Consult your physician before using this or any other dietary supplement, especially if you have any known or suspected medical conditions and/or if you are taking any prescription or OTC medications.

**KEEP OUT OF REACH OF CHILDREN.**

Store at 15-30°C [59-86°F]. Protect from heat, light and moisture.
Do not purchase if seal is broken.

*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.

This product was produced in a GMP-compliant facility. Good Manufacturing Practices, or GMPs, are a set of standards which ensure the purity and proper labeling of dietary supplements.

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JYM SUPPLEMENT SCIENCE

# ZMA®

30mg
ZINC
PER SERVING

450mg
MAGNESIUM
PER SERVING

10.5mg
VITAMIN B6
PER SERVING

## ZINC & MAGNESIUM

MINERAL SUPPLEMENT
TO HELP SUPPORT RECOVERY, STRENGTH, AND IMMUNE FUNCTION*

DIETARY SUPPLEMENT
90 VEGETARIAN CAPSULES

## Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

| Amount Per Serving | | % Daily Value |
|---|---|---|
| Vitamin B-6 (as Pyridoxine Hydrochloride) | 10.5mg | 618% |
| Magnesium (as Magnesium Aspartate & Magnesium Oxide) | 450mg | 107% |
| Zinc (as Zinc Aspartate, Zinc Mono-L- Methionine, & Zinc Oxide) | 30mg | 273% |
| Black Pepper (*Piper nigrum*) Fruit Extract (BioPerine®) | 5mg | † |

† Daily Value not established

**OTHER INGREDIENTS:** Hypromellose, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

**DIRECTIONS:** Males: Take 3 capsules on an empty stomach about 30-60 minutes before bed. Females: Take 2 capsules on an empty stomach about 30-60 minutes before bed.

DISTRIBUTED BY:
PHD Fitness, 31300 Via Colinas #101
Westlake Village, CA 91362 USA 1-888-557-7774

CAP90ZMA 20218 012021 V9

BioPerine®
BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,535,56; 5,744,161; 5,972,382; 6,054,585; EP0810068; JP3953513 and CA 2247407.
ZMA® is a registered trademark of SNAC-System, Inc., San Carlos, CA 94070

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