

Mineral Support Formula

Hardcore training can deplete your body's minerals... reload with MET-Rx ZMA. The combination of Zinc, Magnesium and Vitamin B6 is a unique mineral support formula containing highly bioavailable forms of Zinc and Magnesium.

- Zinc is an important mineral beneficial for male physiology by supporting healthy testosterone levels*
- Magnesium is an essential component of the muscle enzyme creatine kinase and is a vital factor in energy production and muscle contractions*
- Contains Vitamin B-6, which acts as a cofactor to an enzyme required for aspartate metabolism*

Flavors: none

MET-Rx - ZMA - 90 Capsules

Supplement Facts		
Serving Size: 3 Capsules		
Servings Per Container: 30		
	Amount Per Serving	%DV
Vitamin B-6 (as Pyridoxine Hydrochloride)	10.5 mg	525%
Magnesium (as Zinc/Magnesium Aspartate)	450 mg	113%
Zinc (as Zinc L-Monomethionine and Zinc Aspartate)	30 mg	200%

Suggested Use

For adults, take three (3) capsules daily, preferably with a meal. for best results, avoid taking with dairy or other calcium-containing foods or supplements. As a reminder, discuss the supplements and medications you take with your health care providers.

Warnings

If you are pregnant, nursing or taking any medications consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Keep out of reach of children.

* 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.