



CHEMICALS AND  
PHARMACEUTICALS  
FREIBURG

VITAMINS & MINERALS

# ZMA Zinc-Magnesium- Vitamin B6

## What is ZMA?

ZMA is a nutrition supplement that is based on the synergy of two very important minerals for the body: Zinc and Magnesium. This combination can play a key role in regeneration.

Zinc supports the normal regulation of the function of sex organs, the normal supply of nails and skin, the normal protein metabolism, normal metabolism of vitamins A and B-complex, as well as the regulation of essential fatty acids. Magnesium alleviates tiredness and weariness, supports the electrolyte equilibrium and a normal energy metabolism as well as a normal muscle function. Vitamin B6 supports a normal cysteine-synthesis, a normal energy metabolism, a normal function of the nervous system and a normal protein- and glycogen metabolism.





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## Benefits of ZMA

- \_ Normalizes Energy Metabolism
- \_ Alleviates Tiredness & Weariness
- \_ Supports Regeneration & Muscle Development
- \_ Normalizes Function of the Nervous System
- \_ 100% Natural
- \_ Vegan

## Ingredients

Magnesium Oxide, filler: (Microcrystalline Cellulose, Dicalcium Phosphate), Zinc Gluconate, Vitamin B6 (Pyridoxine Hydrochloride), release agent: (Magnesium salts of fatty acids).

## Content

90 Tablets

(à 1g = 90g) e

DIETARY SUPPLEMENT

## Composition

Composition (Active ingredient)	Per 1 tablet	Per 2 tablets (daily dosage)	RDA%*
Magnesium	375 mg	750 mg	200%
Zinc	6,5 mg	13 mg	130%
Vitamin B6 (Pyridoxin Hydrochlorid)	1,4 mg	2,8 mg	200%

\*RDA: percentage of the recommended daily dosage according to Annex 13 of Regulation VO (EU)1169/2011 (LMIV).

## Consuming Recommendation

Take 1 tablet with plenty of fluids 1–2 times a day.

Do not exceed the recommended dosage.

## Storage Instructions

- \_ Store in a cool & dry place.
- \_ Keep away from direct sunlight.
- \_ Keep out of reach of children.
- \_ This product is a dietary supplement and not for medical use.
- \_ This product is not intended to diagnose, treat, cure or prevent any disease.