



MY GUARANTEE

I've taken the decades I've spent in school, the lab, the gym, and the kitchen in a distilled form 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



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*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.



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)	450mg	107%
Zinc (as Aspartate and Mono-L-Methionine)	30mg	273%
Black Pepper (<i>Piper nigrum</i>) Fruit Extract (BioPerine®)	5mg	†

† Daily Value not established

OTHER INGREDIENTS: Vegetable Cellulose Capsule, Magnesium Oxide, Cellulose, Magnesium Stearate, Silicon Dioxide, Zinc Oxide.

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.

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.

BioPerine®

BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,636,506, 5,744,161, 5,972,302, 6,054,580.

ZMA® is a registered trademark of SMC System, Inc., San Carlos, CA 94070

DISTRIBUTED BY:
PHD Fitness, 31301 Via Corona #101
Westlake Village, CA 91362 USA 1-800-557-7774

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