



MY GUARANTEE

I've taken the decades I've spent in school, the lab, the gym, and the kitchen and 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: Not for persons under 18, pregnant or nursing. Or for those who have any known or suspected medical conditions or who are taking any prescription or over-the-counter medications. For healthy adults only. Consult with a qualified healthcare professional before using this or any other dietary supplement. Discontinue two weeks prior to surgery.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place. Protect from heat, light, and moisture. Do not purchase if the seal is missing or 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.

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](#).



© 2024 JYM Supplement Science®
All rights reserved.



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 (<i>Piper nigrum</i>) Fruit Extract (BioPerine®)	5mg	†

† Daily Value not established

OTHER INGREDIENTS: Hypromellose [Cellulose Capsule], Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

DISTRIBUTED BY:

PHD Fitness, 31238 Via Colinas, Suite A-3
Westlake Village, CA 91362 USA 1-888-557-7774

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.

CAP90ZMA 20218 022024 V10

BIOPERINE®

BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,536,506, 5,744,161, 5,972,302, 6,054,585, EP0110868, JP3953513 and CA 2247467.

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

