

# Max ZMA

## Natural Testosterone Builder†

### A Combination of Testosterone Boosters, Zinc & Magnesium to Increase Performance†

**Max ZMA** is a scientifically designed, university laboratory tested anabolic mineral support formula. **Max ZMA** is an all natural product that has been shown to increase anabolic hormone levels and muscle strength in trained athletes (ref. 1,2).

A breakthrough study at Western Washington University has found zinc monomethionine may be absorbed better than other forms of zinc and improves zinc levels without adversely affecting copper levels (ref. 3,4).

Magnesium aspartate may be highly bioavailable and comparison studies have shown this form to have a superior rate of absorption (ref. 5). Vitamin B6 may enhance absorption and utilization of both zinc and magnesium (ref. 5,15).

**Max ZMA** is a uniquely synergistic and effective mineral formula designed to support healthy anabolic hormone production in conjunction with an effective exercise program.

\*ref. 1,2,3,4,5,15: L.R. Brilla and Victor Conte; Medicine & Science in Sports and Exercise, Vol. #31 #5; May 1999

ZMA® is a registered trademark of Snac Systems.



**Size:** 90 Capsules

**Serving Size:** 3 Capsules for Men

**Servings Per Container:** 30

**Serving Size:** 2 Capsules for Women

**Servings Per Container:** 45

#### KEY FEATURES

- *Scientifically Designed & Formulated*
- *University Laboratory Tested Ingredients†*
- *Clinically Proven to Increase Strength and Lean Muscle Mass†*

#### KEY MESSAGES

- *Magnesium is used as a mild muscle relaxant, and thus reduces soreness.†*
- *Vitamin B-6 because it increases, by about a factor of 2, zinc and magnesium's effectiveness.†*
- *Max ZMA is a combination of 10 mg of zinc aspartate, 150 mg of magnesium aspartate, and 3.5 mg of vitamin B-6.†*
- *Max ZMA is a strength increasing, muscle building, testosterone and IGF-1 boosting combination of zinc, magnesium, and B-6.†*
- *Zinc has long been recognized to elevate testosterone levels.†*
- *Magnesium has been used by strength athletes to increase performance.†*
- *Elevates testosterone and boosts insulin-like growth factor Type 1 levels to increase strength, endurance and maximize muscle growth.†*

#### TARGET MARKET

**Primary:** Athletes looking for a product to increase muscle size while reducing muscle soreness from intense workouts.

#### RECOMMENDED STACK

- *Max Pro*
- *Max Glutamine*
- *High 5*
- *Max Creatine CV*
- *Max MRP*
- *Max Vit-Acell*
- *Full Blown Extreme*
- *Max EFA*

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# Max ZMA

## 60 Capsules

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**Servings Per Container:** 30  
**Serving Size:** 2 Capsules for Women  
**Servings Per Container:** 45

### Supplement Facts

Serving Size: 3 Capsules for Men  
 Servings Per Container: 30  
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 Servings Per Container: 45

Amount Per Serving	% DV Men*	%DV Women*
Zinc (as monomethionine/asparate)	30mg/200%	20mg/160%
Magnesium (as asparate)	450mg/113%	300mg/100%
Vitamin B6 (as pyridoxine hydrochloride)	10.5mg/525%	7mg/438%

\*Percent Daily Values are based on a 2,000 calorie diet.  
 \*\*Daily value not established.

**Ingredients:** Zinc, (as monomethionine/asparate), Magnesium (as asparate), Vitamin B6.

**Directions:** Take 3 capsules daily for men and capsules for women on an empty stomach 30-60 minutes prior to bedtime. For bst results; avoid taking with foods or supplements containing calcium.

MM Sports Nutrition uses the Snac Systems patented formula in Max ZMA.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

