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.†

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.†

Magnesium aspartate may be highly bioavailable and comparison studies have shown this form to have a superior rate of absorption. Vitamin B6 may enhance absorption and utilization of both zinc and magnesium.†

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

ZMA® is a registered trademark of SNAC Systems.

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**Max ZMA**

**Natural Testosterone Builder†**

<table>
<thead>
<tr>
<th>Size:</th>
<th>90 Capsules</th>
<th><strong>Serving Size:</strong></th>
<th>Three (3) Capsules for Men</th>
<th><strong>Servings Per Container:</strong></th>
<th>30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Size:</strong></td>
<td>90 Capsules</td>
<td><strong>Serving Size:</strong></td>
<td>Two (2) Capsules for Women</td>
<td><strong>Servings Per Container:</strong></td>
<td>45</td>
</tr>
</tbody>
</table>

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**KEY FEATURES**

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

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**KEY MESSAGES**

- Magnesium is used as a mild muscle relaxant, and thus reduces soreness.†
- Vitamin B-6 is used because it increases the effectiveness of zinc and magnesium by about a factor of 2.†
- Max ZMA is a strength increasing, muscle building, testosterone and IGF-1 boosting combination of zinc, magnesium, and vitamin B-6.†
- Max ZMA is a combination of 30 mg of zinc monomethionine/aspartate, 450 mg of magnesium aspartate, and 10.5 mg of vitamin B-6 for men.†
- Max ZMA is a combination of 20 mg of zinc monomethionine/aspartate, 300 mg of magnesium aspartate, and 7 mg of vitamin B-6 for women.†
- 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.†

† 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.
### Target Market
Primary: Athletes looking for a product to increase muscle size while reducing muscle soreness from intense workouts.

### Recommended Stack
- Max Pro Elite
- Max Glutamine
- Max EFA
- 2TX

### Key References

### Supplement Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%DV Men*</th>
<th>%DV Women*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zinc (as monomethione/aspartate)</td>
<td>30mg/200%</td>
<td>20mg/133%</td>
</tr>
<tr>
<td>Magnesium (as aspartate)</td>
<td>450mg/113%</td>
<td>300mg/75%</td>
</tr>
<tr>
<td>Vitamin B6 (as pyridoxine hydrochloride)</td>
<td>10.5mg/525%</td>
<td>7mg/350%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.

### Directions
Take 3 capsules daily for men and 2 capsules daily for women on an empty stomach 30-60 minutes prior to bedtime. For best results, avoid taking with foods or supplements containing calcium.

### Other Ingredients
- Microcrystalline cellulose, magnesium stearate, rice powder, gelatin.

Manufactured in a cGMP facility that processes milk, egg, fish, Crustacean shellfish, tree nuts, wheat and soybeans.

MM Sports Nutrition uses the SNAC Systems patented formula in Max ZMA. ZMA® is a registered trademark of SNAC Systems.

### KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE, SUNLIGHT AND EXCESS HEAT. ALWAYS KEEP TIGHTLY SEALED.

YOUR ASSURANCE OF QUALITY®

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