ZMA® mineral support formula contains highly bioavailable Zinc mono-L-methionine sulphate (L-OptiZinc®), Zinc aspartate, Magnesium aspartate and Vitamin B6.

ZMA® formula was shown to improve muscle strength and muscle power in healthy male football players compared to placebo. Strength and power were measured using a dynamometer which gauges torque output.

Clinically Studied in Male Athletes

<table>
<thead>
<tr>
<th>Muscle Strength and Power Increase</th>
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<tr>
<td>Placebo</td>
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<tr>
<td>ZMA®</td>
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</table>

- Quadriceps Strength: 4.8x
- Hamstring Strength: 1.6x
- Quadriceps Power: 1.2x
- Hamstring Power: 1.7x

ZMA® formula was found to:

1. Increase Quadriceps Muscle Strength Up to 4.8x More than Placebo

2. Increase Hamstring Muscle Power Up to 1.7x More than Placebo

3. Increase Free Testosterone Levels Up to 43.8% Compared to Placebo

4. Support Levels of Zinc
   Zinc is required to maintain a healthy optimized hormonal environment favourable to muscle growth.

5. Support Levels of Magnesium
   Magnesium contributes to normal muscle function.

6. Endorsed by Professional Athletes and Casual Exercisers
   Bodybuilders, football players and boxers are among the type of athletes who are using ZMA® formula.

ZMA® formula was shown to positively influence selected hormones that play a role in muscle function

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