



ZMA®

For Muscle Strength and Muscle Power

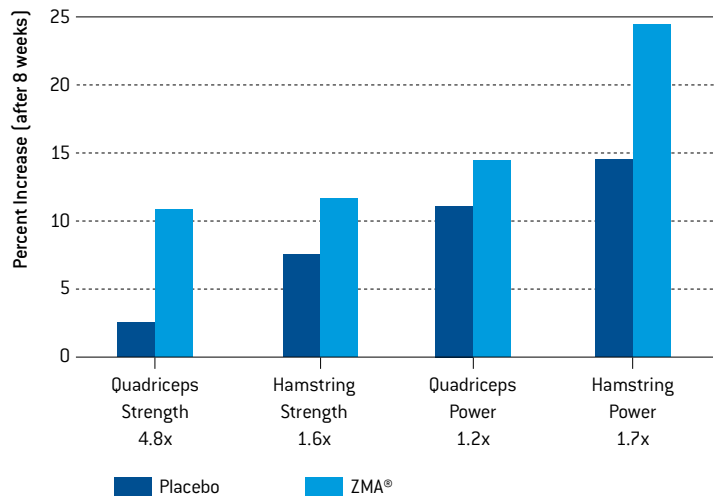


ZMA® mineral support formula contains highly bioavailable Zinc mono-L-methionine sulphate (L-OptiZinc®), Zinc aspartate, Magnesium aspartate and Vitamin B6.

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

Muscle Strength and Power Increase



Brilla LR, Conte V. Effects of a novel zinc-magnesium formulation on hormones and strength. *J Exerc Physiol.* 2000;3:26-36.

ZMA® formula was found to:

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

Brilla LR, Conte V. Effects of a novel zinc-magnesium formulation on hormones and strength. *J Exerc Physiol.* 2000;3:26-36.

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

Brilla LR, Conte V. Effects of a novel zinc-magnesium formulation on hormones and strength. *J Exerc Physiol.* 2000;3:26-36.

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

Brilla LR, Conte V. Effects of a novel zinc-magnesium formulation on hormones and strength. *J Exerc Physiol.* 2000;3:26-36.

4. Support Levels of Zinc

Zinc is required to maintain a healthy optimized hormonal environment favourable to muscle growth.

5. Support Levels of Magnesium

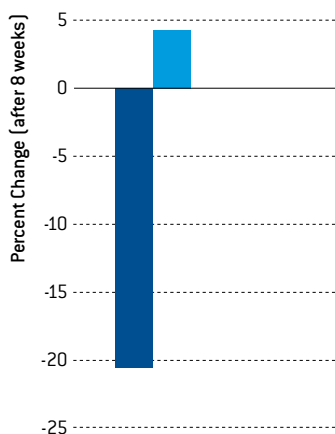
Magnesium contributes to normal muscle function.

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

IGF-1 Levels

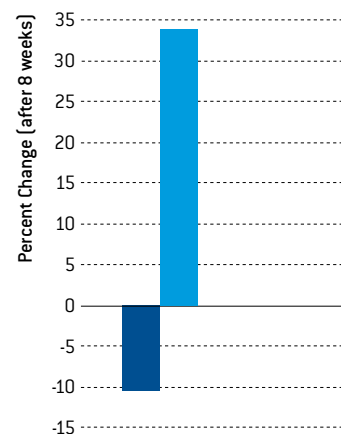


25.4% Higher than Placebo*

Placebo ZMA®

* Still within normal reference values.

Free Testosterone Levels



43.8% Increase Compared to Placebo*

Placebo ZMA®

* Still within normal reference values.

Brilla LR, Conte V. Effects of a novel zinc-magnesium formulation on hormones and strength. *J Exerc Physiol.* 2000;3:26-36.

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