

ZMA 100 Caps

EAN: 8436540531414 FABRICANTE: VIT.O.BEST



It contributes to the normal functioning of muscles and regulates hormonal activity. It helps reduce tiredness and fatigue, and maintains bones in normal condition.

DESCRIPTION

ZMA, from **Vitobest®**, is a supplement made from ZMA, a mixture of zinc monomethionine, magnesium bisglycinate and vitamin B6 (**Quali®-B**) (**DSM®**). These three ingredients of the highest quality provide benefits for those who practice sports frequently, as well as for those who simply care about their general physical well-being.

Preferably combined with physical activities, **ZMA** components help maintain our bones and testosterone levels, muscle function, protein synthesis, reduce tiredness and fatigue, and regulate hormonal activity.

Vitobest® uses **vegetable capsules** (VegeCaps) for this supplement, **suitable for vegan diets** and **free of titanium dioxide**.

Product claims:

- Zinc contributes to the maintenance of normal testosterone levels.
- Zinc contributes to normal fatty acid metabolism.
- Magnesium contributes to normal protein synthesis.
- Magnesium contributes to normal muscle function.
- Magnesium helps reduce tiredness and fatigue.
- Magnesium contributes to the maintenance of normal bones.
- Vitamin B6 helps regulate hormonal activity.
- Vitamin B6 helps reduce tiredness and fatigue.
- Suitable for people with celiac disease.
- Vegetable capsules suitable for vegan diets and free of titanium dioxide.

Composition

Allergens: Does not contain. Gluten free.

Ingredients

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241121
<https://bio-farma.es/buy/f/vit-o-best/zma-100-caps>



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Bulking agent: microcrystalline cellulose, magnesium bisglycinate, thickener (capsule): hydroxypropyl methylcellulose, anti-caking agent: magnesium stearate, zinc bisglycinate and pyridoxine hydrochloride (vitamin B6) (Quali®-B) (DSM®).

Composition for 2 VegeCaps

ZMA

Zinc bisglycinate	30 mg
Elemental zinc (Zn) *(60%)	6 mg
Magnesium bisglycinate	450 mg
Elemental magnesium *(21.6%)	81 mg
Vitamin B6 (Quali®-B) (DSM®) *(750%)	10.5 mg

*% Nutrient Reference Value (NRV)

Instructions for use

Take 2 VegeCaps daily, 30 or 60 minutes before going to bed on an empty stomach. Do not combine with any food containing calcium.

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