



## MAXIMUSCLE – MAX-ZMA

- 30mg Zinc, 450mg Magnesium & 10.5mg Vitamin B6
- 200mg KSM-66® Ashwagandha
- 90 Capsules per pot

FEEL REFRESHED WITH THIS NIGHT TIME SUPPORT



## WHAT IS IT?

MAX-ZMA is a powerful combination of Zinc, Magnesium, Vitamin B6 and Ashwagandha for night-time support. Primarily, ZMA was created to offset the deficiencies of zinc and magnesium often seen in exercisers.

## WHAT MAKES IT DIFFERENT?

Max-ZMA also contains KSM-66® Ashwagandha. KSM-66 is a branded, full spectrum extract of Ashwagandha (preserving all the goodness during production). It provides the highest concentration of all the root only extracts available by harvesting just the roots and strictly avoiding the leaves from production.

## HOW WILL IT HELP ME?

- Zinc contributes to the maintenance of normal testosterone levels.
- Magnesium contributes to the reduction in tiredness & fatigue.
- Vitamin B6 contributes to normal energy yielding metabolism.

KSM-66® Ashwagandha is a popular herbal plant extract that has positive clinical results in reducing stress, enhancing cognitive function and promoting physical performance.

## WHEN SHOULD I USE IT?

Take 3 capsules, on an empty stomach, before bed. Do not exceed the recommended dosage.

## INFORMED-SPORT

The entire Maximuscle range is screened for banned substances and is accredited on the Informed-Sport programme.

## KEY NUTRITIONALS

TYPICAL VALUES TAKE 3 CAPSULES PER DAY	Per Capsule	Daily serving (3 Capsules)
Zinc	10 mg (100)	30 mg (300)
Magnesium	150 mg (40)	450 mg (120)
Vitamin B6	3.5 mg (250)	10.5 mg (750)
KSM-66 Ashwagandha	66.7 mg	200 mg

(%EU NRV)  
Suitable for vegans