**ZMA is a comprehensive and multi-functional formulation, clinically backed and specifically formulated to prime athletes with optimal nutrition.**

**What Is ZMA?**

Regardless of workout intensity, supplementing with ZMA is guaranteed to fuel muscles for maximum muscular endurance, growth and anaerobic capacity - as well as enhanced muscle recovery!

Our unique formulation consists of a synergistic blend of Vitamin B6 and two minerals; zinc and magnesium. Combined, their presence is essential for the activation of over 600 enzymatic reactions that keep anabolic and catabolic hormone profiles primed and muscles poised for peak athletic performance.

Those who undertake strenuous exercise on a regular basis will experience an increased loss of micronutrients. As you demand more from your body it utilizes and expels nutrients through sweat at a much faster rate, necessitating the need for replacement.

It is during the recovery time in which Magnesium, Zinc and B6 dependant biological processes are most beneficial for athletic progress. Exercise increases nutritional requirements substantially; if not sufficiently replenished you will significantly hinder the ability to perform and make the recovery process much slower and less effective.

Replenishing these micronutrients and sufficiently maintaining their turnover is essential to avoid slow muscle growth, sluggish strength gains and prolonged recovery

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| **testosterone booster** | **zma** | **zma** |
| **Zinc** The relationship between athletic performance and zinc status is well distinguished, with blood zinc levels correlating positively with optimal athletic performance. The presence of Zinc covers all 6 classes of enzyme activity and its presence is essential to speed up muscle building chemical reactions, stabilize protein structures and regulate hormones ZMA speeds up muscle-building chemical reactions in your body, stabilizes protein structures and helps regulate the hormone levels in your body. By far the most important functions when it comes to truly maximising muscle growth and strength!  | **Magnesium** Accumulating studies have clearly shown Magnesium to be one of the most important micronutrients in sport nutrition. Replenishing magnesium levels after a workout is the most efficient way to keep your energy systems primed to achieve; maximum power output, reduce fatigue, fuel your workouts and optimise workout progress – regardless of intensity! ZMA will ensure your body is ready to sustain energy demands and muscle contractions throughout your next strenuous workout. All athletes should incorporate ZMA into their recovery routine to facilitate and improve fuel production, muscle function and reduce fatigue.  | **Vitamin B6** Vitamin B6 enables the body to sufficiently metabolize carbohydrates, proteins and fats and convert them into usable energy. Without it these mechanisms are less effective leaving your body unable to harvest sufficient usable energy, resulting in these essential fats and proteins being passed through your system unused. ZMA is highly beneficial for those wanting to fight fatigue at a cellular level, feel more energized and mentally sharp throughout the day. This multi-functioning vitamin is responsible for the proper functioning of energy producing pathways in the body.  |
| **testosterone** | **testosterone** | **muscle growth** | **.** |
| **Increase Testosterone Production** ZMA supplementation in athletes over an 8 week period resulted in 33.5% higher testosterone levels, 25% insulin like growth factor (IGF-1) levels as well as an 11.6% strength increase. Higher testosterone levels will ensure increased muscle growth, leaner body mass as well as increased energy and a drop in body fat levels.  | **ATP Production & Muscle Glycogen** In studies, athletic endurance has significantly increased when subjects supplemented with ZMA. Sustaining plentiful magnesium and vitamin B6 enables the body to sustain the demand on energy producing pathways. This includes maximizing the rate of ATP regeneration to keep muscle cells contracting repeatedly and resisting fatigue!  | **Superior Muscle Growth** ZMA has an anabolic effect on protein metabolism by simultaneously decreasing the rate of protein degradation (catabolism – muscle loss) during recovery from vigorous exercise, while enabling protein synthesis. By far two of the most important physiological factors when it comes to truly maximising muscle growth and strength!  | **Enhanced Recovery** After a workout your muscles are tired, sore and hungry for nutrients. During recovery, the body repairs and strengthens itself to adapt to the stress of a workout, nourishing your muscles during this time will determine the quality and level of gains. Replenish nutritional losses experienced during a workout will prime biochemical mechanisms responsible for muscle repair and growth.  |



The extensive range of benefits can only be accredited to the large range of functions supported by this one formulation. ZMA supplementation is essential to keep the body primed for fitness enthusiasts, modern athletes and body builders after superior and reliable results!

BioPharm-X offers a quality promise to all customers to provide you with total peace of mind. Backed by nutritional science and with a dedication to premium quality, their products reflect core values of award winning quality and efficiency - from research to manufacturing.

BioPharm-X manufacturing department is MHRA licensed, GMP certified and ISO accredited, operating within compliance of relevant laws and regulations.

* Suitable for both Men & Women
* Suitable for Vegans
* Suitable for Vegetarians
* Maximum Strength Formulation
* Premium Grade Ingredients

We stand by our products 100%, research proven to increase muscle strength and stamina, speed muscle recovery, and improve the quality of your sleep.

**Ingredients**

Magnesium Oxide 1269mg (providing 750mg of Magnesium) 200% NRV; Zinc Gluconate 97.73mg (providing 12.9mg of Zinc) 130% NRV; Pyridoxine Hydrochloride 3.69mg (providing 2.80mg of Vitamin B6) 200% NRV