

# ZM3<sup>X</sup>

SYNERGISTIC FORMULA

MAINTENANCE  
NORMAL  
TESTOSTERONE  
LEVELS

MAGNESIUM BISGLYCINATE  
+ ZINC + VITAMIN B6

HERO<sup>®</sup>  
TECH NUTRITION



## DESCRIPTION

ZM3<sup>X</sup> is a formula composed of minerals and vitamins such as magnesium in the form of bisglycinate chelate which is the most absorbable form of existing magnesium, zinc and vitamin B6. These nutrients have a multitude of healthful properties. Magnesium and zinc contribute to the normal maintenance of the bones and normal functioning of the muscles. It also contributes to normal protein synthesis and cell division process. Magnesium also helps reduce fatigue and fatigue and contributes to normal energy metabolism. Zinc on the other hand also contributes to the maintenance of normal levels of testosterone and contributes to the protection of cells against oxidative damage, helping the normal functioning of the immune system.

On the other hand the formula ZM3<sup>X</sup> is reinforced with a dose of 3,67 mg of vitamin B6. Among other properties, vitamin B6 helps regulate hormonal activity and normal functioning of the immune system during intense physical exercise and after this helps to reduce tiredness and fatigue. It also contributes to the formation of red blood cells.

*\*These statements have been evaluated by the EFSA (European Food Safety Authority) and approved by the European Commission.*

## DIRECTIONS

Take a daily dose (1 capsule) 30 minutes before bedtime.

## INGREDIENTS

Magnesium bisglycinate, bovine gelatin, zinc sulphate, anti-caking agent (E470b), pyridoxine hydrochloride (Vitamin B6), colours (E171, E132). **WARNINGS:** Store in a cool, dry place. Heat and sunlight may damage the bottle. Keep out of the reach of children. Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such. Don't exceed the recommended daily dosage. *May contain traces of gluten, milk, egg, soy, fish and crustaceans.*

## PRESENTATION

Jar of 90 capsules.

## NUTRITIONAL INFORMATION

Amount per dose.....	1 capsule.....	*%NRV
Magnesium.....	150 mg.....	40%
Zinc.....	10 mg.....	100%
Vitamin B6.....	3,67 mg.....	262%

\*%NRV (Nutrient reference values)

Recommended daily dose: 1 capsule

Dose per container: 90