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› Optimum Nutrition Zinc Magnesium Aspartate Supplement User Manual

Optimum Nutrition 1031973

Optimum Nutrition Zinc Magnesium Aspartate Supplement User Manual

Model: 1031973

INTRODUCTION

This manual provides essential information for the safe and effective use of Optimum Nutrition Zinc Magnesium Aspartate Supplement. This product is designed to support immune system function and overall health, particularly for active adults, by filling micronutrient gaps.

PRODUCT OVERVIEW

Optimum Nutrition Zinc Magnesium Aspartate is a dietary supplement containing a blend of Zinc, Magnesium, and Vitamin B6. It is formulated to assist in nutrient breakdown and transport, convert food into cellular energy, and provide immune support.

- **Key Ingredients:** Zinc, Magnesium, and Vitamin B6.
- **Purpose:** Supports immune system, overall health, muscle recovery, and endurance.
- **Target Users:** Specially formulated for active adults.
- **Supply:** Each bottle contains 180 tablets, providing a 60-day supply based on recommended serving sizes.

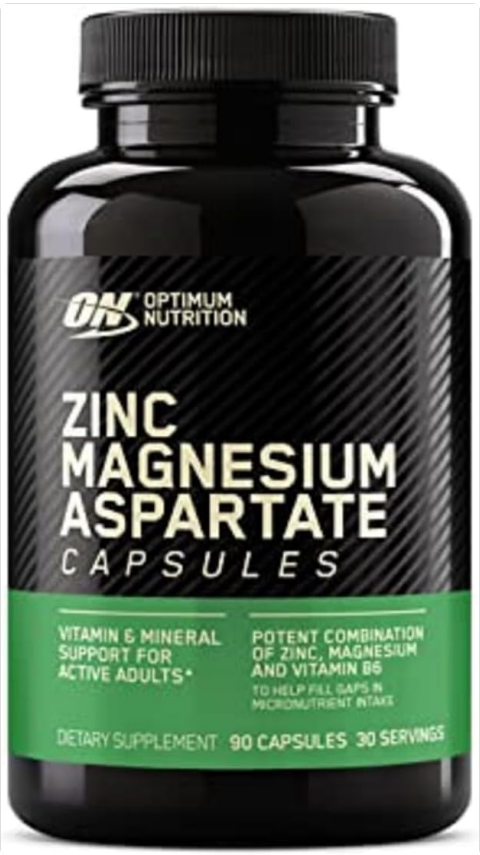


Image: Front view of the Optimum Nutrition Zinc Magnesium Aspartate Supplement bottle.

INGREDIENTS

The supplement contains the following active ingredients and other components:

Supplement Facts (Serving Size: 3 Capsules)

Ingredient	Amount Per Serving	% Daily Value
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	588%
Magnesium (as magnesium aspartate, magnesium oxide)	435 mg	104%
Zinc (as zinc aspartate, zinc monomethionine, zinc oxide)	28 mg	255%
Other Ingredients: Gelatin, Microcrystalline Cellulose, Magnesium Stearate.		

Supplement Facts		
Serving Size 3 Capsules Servings Per Container 30		
	Amount per serving	% Daily Value
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	588%
Magnesium (as magnesium aspartate, magnesium oxide)	435 mg	104%
Zinc (as zinc aspartate, zinc monomethionine, zinc oxide)	28 mg	255%
OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Magnesium Stearate.		

Directions:

Men - take 3 capsules before bed.

Women - take 2 capsules before bed.

Suggested Use: Intended for use in healthy adults and as part of a healthy, balanced diet and exercise program.

VITAMIN & MINERAL SUPPORT FOR ACTIVE ADULTS*

POTENT COMBINATION OF ZINC, MAGNESIUM AND VITAMIN B6*

*TO HELP FILL GAPS IN MICRONUTRIENT INTAKE.
**THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Image: Detailed Supplement Facts label from the product packaging.

DIRECTIONS FOR USE

Follow the recommended dosage for optimal results. This supplement is intended for use in healthy adults and as part of a healthy, balanced diet and exercise program.

- **Men:** Take 3 capsules daily, preferably on an empty stomach 30-60 minutes before bedtime.
- **Women:** Take 2 capsules daily, preferably on an empty stomach 30-60 minutes before bedtime.
- Alternatively, the daily serving can be spread across meals throughout the day.
- Avoid taking with dairy or other calcium-containing foods or supplements, as calcium can interfere with zinc and magnesium absorption.

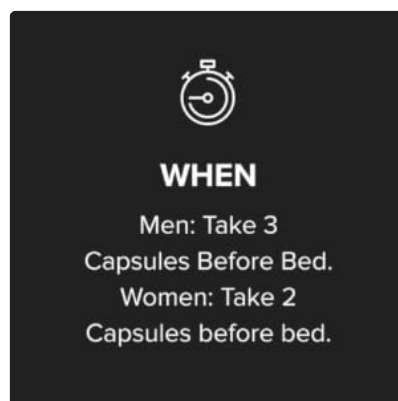


Image: Visual guide for recommended daily dosage.

STORAGE AND MAINTENANCE

To maintain the quality and efficacy of your supplement:

- Store in a cool, dry place.
- Ensure the bottle cap is tightly sealed after each use to prevent moisture exposure.

SAFETY INFORMATION

Important: Keep out of reach of children.

These statements have not been evaluated by the United States Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SPECIFICATIONS

Attribute	Detail
Brand	Optimum Nutrition
Item Model Number	1031973
Product Dimensions	3.05 x 3.05 x 5.43 inches; 8.16 ounces
Item Form	Capsule
Unit Count	180 Count
Flavor	Unflavored
Country of Origin	USA
Manufacturer	Glanbia Performance Nutrition

TROUBLESHOOTING

As a dietary supplement, specific troubleshooting steps are generally not applicable. If you experience any adverse reactions, discontinue use and consult a healthcare professional immediately.

Ensure you are following the recommended dosage and avoiding consumption with dairy or calcium-containing products to maximize absorption.

WARRANTY AND SUPPORT

Specific warranty details for this dietary supplement are not provided in the product information. For any product-related inquiries, concerns, or support, please contact Optimum Nutrition directly through their official website or customer service channels. You can visit the [Optimum Nutrition Store on Amazon](#) for more information and contact options.

