

Manuals.plus /
 > [Optimum Nutrition](#) /
 > Optimum Nutrition Muscle Recovery and Endurance Supplement for Men and Women, Zinc and Magnesium Supplement, 90 Count User Manual

Optimum Nutrition 1031974

Optimum Nutrition Zinc Magnesium Aspartate Supplement User Manual

Model: 1031974

PRODUCT OVERVIEW

The Optimum Nutrition Zinc Magnesium Aspartate Supplement is formulated to support muscle recovery and endurance for active adults. This dietary supplement contains a blend of essential minerals and vitamins to help fill nutritional gaps, particularly for those with an active lifestyle.

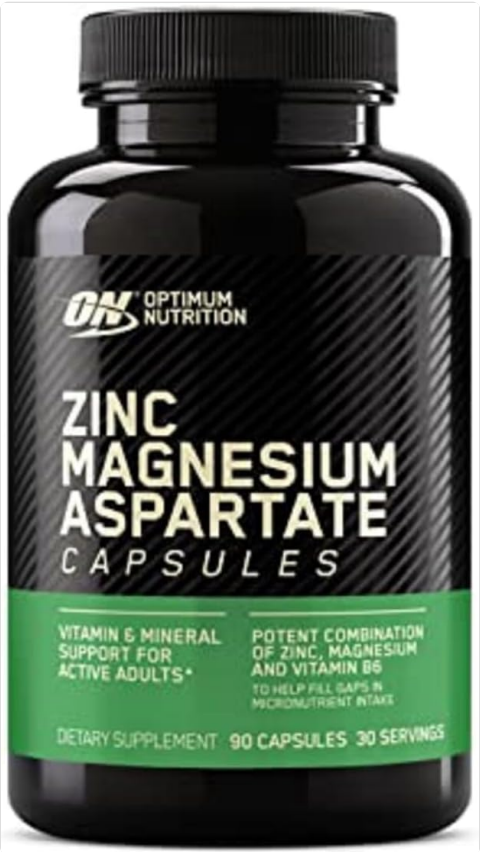


Image: Front view of the Optimum Nutrition Zinc Magnesium Aspartate Supplement bottle.

Key Features:

- One 90 tablet container (30 day supply) of Optimum Nutrition Zinc Magnesium Aspartate Supplement.
- Each 3-tablet serving of Optimum Nutrition Zinc Magnesium Aspartate supplement can be taken all at one meal or spread across meals throughout the day.
- Contains a blend of Zinc, Magnesium and Vitamin B6 designed to fill in gaps in micronutrient intake.
- Contains Zinc, Magnesium and Vitamin B6 to support the breakdown and transport of nutrients, help convert food into cellular energy and provide immune support.
- This magnesium supplement formula is specially formulated for adults with an active lifestyle.

INGREDIENTS

The supplement contains the following active ingredients per serving:

- **Vitamin B6** (as pyridoxine hydrochloride): 10 mg
- **Magnesium** (as magnesium aspartate, magnesium oxide): 435 mg
- **Zinc** (as zinc aspartate, zinc monomethionine, zinc oxide): 28 mg

Other ingredients include: Gelatin, Microcrystalline Cellulose, Magnesium Stearate.

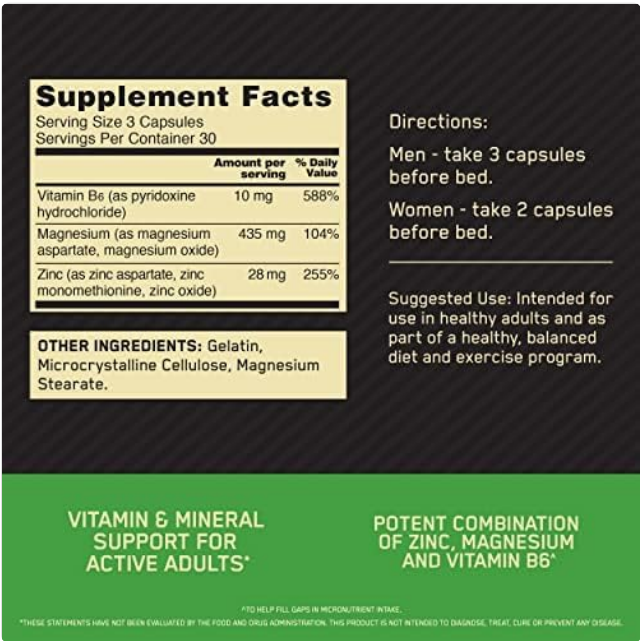


Image: Detailed view of the Supplement Facts and Directions on the product label.

DIRECTIONS FOR USE

For optimal results, follow the recommended dosage:

- **Men:** Take 3 capsules, preferably on an empty stomach, before bed.
- **Women:** Take 2 capsules, preferably on an empty stomach, before bed.

The 3-tablet serving can be taken all at once or spread across meals throughout the day, as per individual preference and tolerance.

SAFETY INFORMATION

Important Safety Precautions:

Check with a qualified healthcare professional before using this product if you are under 18 years of age, pregnant, nursing a baby, or if you have any known or suspected medical condition(s) and/or are taking any prescription or over-the-counter medication(s).

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.

Always refer to the manufacturer's label on the product for description, recommended dose, and precautions.

INDICATIONS

This supplement is intended to support individuals engaged in various physical activities and those seeking general well-being. It is used to supplement one's diet and exercise routine, including but not limited to:

- Weightlifting
- Cycling
- Running
- Strength training
- Conditioning
- Team sports (football, soccer, rugby, basketball, tennis)
- General well-being and to increase strength and endurance during workouts or sport-related activities.

SETUP & FIRST USE

Upon receiving your Optimum Nutrition Zinc Magnesium Aspartate Supplement, ensure the bottle is sealed. Remove the cap and the moisture-absorbing tab inside. The capsules are ready for consumption as per the "Directions for Use" section.



Image: Top view of the open supplement bottle, showing the moisture-absorbing tab and capsules.

MAINTENANCE & STORAGE

To maintain the quality and efficacy of your supplement:

- Store in a cool, dry place.

- Keep the lid tightly closed when not in use to prevent moisture exposure.
- Keep out of reach of children.

TROUBLESHOOTING

If you experience any discomfort or adverse reactions after taking the supplement, discontinue use immediately and consult a healthcare professional. Common considerations include:

- **Difficulty Swallowing Capsules:** The capsules are a standard size for supplements. If you find them difficult to swallow, try taking them one at a time with plenty of water. Do not crush or chew capsules unless advised by a healthcare professional.
- **Digestive Upset:** Some individuals may experience mild digestive upset. Taking the supplement with a meal may help alleviate this.
- **No Noticeable Effects:** Individual responses to supplements vary. Ensure consistent use as directed. If concerns persist, consult a healthcare professional.

SPECIFICATIONS

Attribute	Detail
Brand	Optimum Nutrition
Item Form	Capsule
Primary Supplement Type	Zinc
Unit Count	90 Count
Flavor	Unflavored
Product Dimensions	6 x 5 x 4 inches
Item Weight	1.59 ounces
Model Number	1031974
Manufacturer	Glanbia Performance Nutrition
Date First Available	May 19, 2006

WARRANTY AND SUPPORT

Optimum Nutrition products are manufactured under strict quality control standards. For specific warranty information or customer support, please refer to the contact details provided on the product packaging or visit the official Optimum Nutrition website.

For general inquiries or to explore other products, visit the[Optimum Nutrition Store on Amazon](#).

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

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