

# BIOGENA SPORTS - ZMB6



## Special complex to support athletes

Special efforts require special support: ZMB6 specifically addresses the needs of strength sports. It provides an ideally composed premium complex of two different zinc compounds, three different magnesium salts and vitamin B6 in activated form.

Zinc has already made a name for itself in the world of sport for good reason. It contributes to protein synthesis and the maintenance of testosterone levels in the blood - both functions that are particularly popular with strength athletes. It contains the two organic zinc compounds zinc L-aspartate and zinc mono-L-methionine sulphate in the form of the branded raw material L-OptiZinc®. Magnesium fulfils many functions that are of great importance in sport - not only does it support normal muscle function, it also helps to reduce tiredness and fatigue. The formula provides magnesium from three different compounds: magnesium hydroxide and the two organic forms magnesium pyruvate and magnesium malate. The compounds pyruvate and malate are familiar to all sports enthusiasts as intermediate products of energy metabolism. Finally, vitamin B6 contributes to normal protein and glycogen metabolism.

ZMB6 is based on the formulation of ZMA®, a mixture widely used in sport. The powerful combination of micronutrients provides optimum support in all phases of training and competition.

BIOGENA SPORTS ZMB6 - the reliable partner for weight training.

## BIOGENA SPORTS ZMB6

- Based on the popular sports formula ZMA®
- Supports muscle function and testosterone balance
- With organic zinc mono-L-methionine sulphate (L-OptiZinc®) and zinc L-aspartate as well as magnesium malate and pyruvate
- Usefully combined with activated vitamin B6 (pyridoxal-5'-phosphate)

## Possible uses

- For the targeted supply of zinc, magnesium and vitamin B6 - especially for athletes
- Magnesium supports normal muscle function and helps to reduce tiredness and fatigue.
- Zinc contributes to normal protein synthesis and to the maintenance of normal testosterone levels in the blood.
- Vitamin B6 contributes to normal protein and glycogen metabolism.

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WELCOME TO YOURSELF

## Bioavailable micronutrients in pure form

- According to the pure substance principle
- Without colorants and flavorings
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- 100% vegan
- Tested quality

INGREDIENTS per daily dose	1 Capsule	% NRV*
Magnesium	150 mg	40
Zinc total	10 mg	100
as <i>Zink-Mono-L-Methioninsulfat (L -OptiZinc®)</i>	5 mg	50
as <i>Zinc-L-aspartate</i>	5 mg	50
Vitamin B6 (activated)	3.5 mg	250

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

## INGREDIENTS

Magnesium hydroxide, magnesium pyruvate, magnesium malate, hydroxypropyl methyl cellulose (capsule shell), zinc mono-L-methionine sulphate, zinc-L-aspartate, pyridoxal 5'-phosphate.

## RECOMMENDED DOSAGE

1 capsule daily taken with a meal and plenty of liquid.

## NOTE

Food supplement in accordance with EU Directive 2002/46/EC


## PACKAGE SIZE AND CONTENT

90 capsules (pack for 1.5 months), 72 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. L-OptiZinc® is a Lonza trademark, registered in EU. Subject to print or typographical errors. Version: 15.05.2024.



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