Normal zone is a chunk of memory which is directly accessiable by kernel. i.e. it is memory which
kernel _can_ use for its data structures etc. Its size influences how many tasks you can create,
how many files you can open etc. Usually it is unimportant how large Normal Zone is, since
700Mb is large enough actually However, if you run too many VPSs with too many tasks in it, you
can run out of kernel memory.
Enteprise kernel uses so-called 4GB user/kernel space split which increases normal zone size
from 700Mb to 3.5Gb, but it introduces some CPU overhead.

Applications can use _all_ the memory available on node (if appropriate kernel is used, i.e. with
PAE mode if >4GB RAM is installed).

I can't get how Zimbra cares for it. If it simply checks for
LowTotal: 906064 kB
line in /proc/meminfo, then it is poorly designed application :/