

SUGGESTED USAGE: Take 1 tablet 2 to 3 times daily with food. For best results, use in conjunction with an exercise program.

HMB (β -Hydroxy β -Methylbutyrate) is a clinically researched, naturally occurring metabolite of the branched-chain amino acid leucine. HMB normally plays a role in the regulation of protein breakdown in the body, helping to preserve lean muscle tissue.* HMB therefore can help to maintain muscle strength and mass when combined with regular exercise and a healthy diet.* In addition, it may help to enhance recovery from intense exercise.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry, dark place after opening.

Code 2058N v2



90 TABLETS
A Dietary Supplement



DOUBLE STRENGTH
HMB
1000 MG

SPORTS RECOVERY*

**ENHANCES
RECOVERY***

**PRESERVES
LEAN MASS***

**MAINTAINS
MUSCLE***

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Calcium (from Calcium β -Hydroxy β -Methylbutyrate Monohydrate)	170 mg	13%
HMB (β -Hydroxy β -Methylbutyrate) (from Calcium β -Hydroxy β -Methylbutyrate Monohydrate)	1 g (1,000 mg)	†

† Daily Value not established.

Other ingredients: Hydroxypropyl Cellulose, Stearic Acid (vegetable source), Vegetarian Coating and Silicon Dioxide.

Manufactured & Quality Tested by NOW FOODS
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nowsportsproducts.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

NOW® Double Strength HMB has twice the HMB (1,000 mg per tablet) as in our regular strength product (500 mg per capsule).

Nutritional uses of Calcium β -Hydroxy β -Methylbutyrate Monohydrate **HMB** are licensed to NOW Health Group, Inc. under U.S. Patent # 6,103,764. Use of the trademark **HMB** is licensed from Metabolic Technologies.

