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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Mix one (1) scoop with approximately 8 oz. cold water or beverage of choice in a shaker cup or blender (preferably with your protein shake). Drink one shake daily, or as recommended by a healthcare practitioner.

CAUTION: Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 10,000 IU per day unless recommended by your doctor. Vitamin D supplementation is not recommended for individuals with high blood calcium levels.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Uses of CaHMB and Vitamin D are licensed under U.S. Patent Nos. 8,815,280, 9,259,430, 9,539,224 and 9,707,241.

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.

Q02221B



LifeExtension
Wellness™
CODE



MUSCLE STRENGTH & RESTORE FORMULA

POWDER

Net Wt. 94.2 g (3.32 oz.)
DIETARY SUPPLEMENT

**NON-GMO
1000 IU
VITAMIN D**

**3000 MG
HMB**

Supplement Facts

Serving Size 1 Scoop (approx. 3.14 g)
Servings Per Container About 30

Amount Per Serving	% Daily Value	
Vitamin D3 (as cholecalciferol)	1,000 IU	250%
Calcium (from MyHMB® Calcium β-Hydroxy-β-Methylbutyrate Monohydrate)	360 mg	36%
HMB (MyHMB® Calcium β-Hydroxy- β-Methylbutyrate Monohydrate)	3,000 mg	**

**Daily Value not established.

Other ingredients: sodium citrate, flavor, stevia extract, maltodextrin, starch.

Manufactured for: Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309 • LifeExtension.com
To report a serious adverse event or obtain product
information, contact 1-866-280-2852.
Store tightly closed in a cool, dry place.