

Scan for
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 50 mcg (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.



L02221C

*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.



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)	25 mcg	125%
Calcium (from MyHMB® Calcium β-Hydroxy-β-Methylbutyrate Monohydrate)	360 mg	28%
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.