

HMB ( $\beta$ -Hydroxy  $\beta$ -Methylbutyrate) is a metabolite of the amino acid Leucine, has similar properties but is more potent. When taken as a supplement, HMB has been shown to reduce the rate in which muscle is lost under conditions that would normally result in loss of muscle. There is also substantial evidence that HMB supplementation can improve power output during strength training.

**Suggested Use:** To reduce muscle loss during a period of caloric deficit, take 2-4 (two to four) 500 mg capsules daily. HMB is most effective when taken 30 minutes before a workout.

**Storage:** Store in a cool, dark place. Do not freeze, expose to moisture or heat above room temperature.



# HMB

## ( $\beta$ -Hydroxy $\beta$ -Methylbutyrate)

- \* Reduces muscle loss when eating at a caloric deficit
- \* Improves power output when strength training

**120 Capsules**   **1,000mg**  
Dietary Supplement • Per Serving

### Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 60

| Ingredient                                      | Amount per Serving | Daily Value |
|-------------------------------------------------|--------------------|-------------|
| HMB ( $\beta$ -Hydroxy $\beta$ -Methylbutyrate) | 1000mg             | †           |

† Daily Value not established

**Other Ingredients:** Gelatin, rice flour, microcrystalline cellulose and silicon dioxide

**WARNING:** Consult your physician before taking this product. Do not consume more than 6 capsules per day. Do not take this product if you are pregnant, nursing, or taking any other medications. Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not take HMB and operate any heavy machinery until you know how it affects you. Keep out of reach of children.

\* 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.

Manufactured for:  
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Nutritional uses of  $\beta$ -Hydroxy  $\beta$ -Methylbutyrate (HMB) are licensed under patent no. 5,348,979



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