NOW SPORTS

HMB 500 MG

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

HMB (ß-Hydroxy ß-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.

Supplement Facts

Serving Size 2 Veg Capsules
Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin D_3 (as Cholecalciferol)	12.5 mcg (500 IU)	63%
Calcium (from Calcium ß-Hydroxy ß-Methylbutyrate Monohydrate)	160 mg	12%
HMB (ß-Hydroxy ß-Methylbutyrate) (from Calcium ß-Hydroxy ß-Methylbutyrate Monohydrate)	1 g (1,000 mg)	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Silicon Dioxide.

Manufactured & Quality Tested by NOW FOODS
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Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Nutritional uses of Calcium ß-Hydroxy ß-Methylbutyrate Monohydrate (HMB) and Vitamin D are licensed to NOW Health Group, Inc. under U.S. Patent # 8,815,280, # 9,259,430, # 9,539,224 and # 9,707,241. Use of the trademark myHMB® is licensed from Metabolic Technologies.

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