

Increase Lean Muscle and Strength

Research published in the Journal of Applied Physiology and other peer reviewed publications has suggested that Calcium Beta-Hydroxy-Beta-Methylbutyrate (HMB) may have an effect on increasing muscle weight and strength.

HMB Assists in Protein Synthesis

HMB is a metabolite of the branched chain amino acid leucine and plays a role in protein synthesis (muscle building). Due to its properties, HMB is an effective supplement to use while bulking. It's even more powerful while cutting because of the need to preserve lean mass while consuming fewer calories.

Why Not Just Take Leucine?

HMB is produced by the liver enzyme alpha-ketoisocaproate oxygenase and this enzyme only accounts for 5% of leucine oxidation. Therefore, you would not get enough HMB to obtain the positive effects seen in studies. An increasing in leucine consumption would no doubt increase the amount of HMB produced, but it does not guarantee the necessary amount will be created due to the limited enzyme activity.

Combine HMB with BCAAs

Studies show that branched chain amino acids (BCAAs) enhance recovery and help prevent muscle breakdown during intense training.

nutrakeyhealth.com

Follow Us **FREE GIVEAWAYS**



#MakeLifeBetter

High-Performance Liquid Chromatography (HPLC) Verified



Exp 02/2019 Lot HM900834

HPLC Verified

NutraKey
Health Performance INC

HMB

Ultra Micronized **Max Bioavailability**

STRENGTH & RECOVERY

- PROMOTE LEAN MUSCLE MASS
- REDUCE MUSCLE BREAKDOWN
- INCREASE ENERGY LEVELS

PHARMACEUTICAL GRADE

90 Capsules

**MUSCLE
PERFORMANCE**

**ULTRA PURE
INGREDIENTS**

Supplement Facts

Serving Size: 3 Capsules	Amount Per Serving	%DV
Servings per container: 30		
CaHMB (Calcium β -hydroxy- β -methylbutyrate)	1000 mg	**

** Daily Value not established.

Other Ingredients: Gelatin (Capsule), Rice Flour.

Recommended Use: Take 1 serving (3 capsules) 30 minutes before or directly after training, preferably with a protein shake or post workout recovery drink. Current studies show that there is no significant advantage to taking HMB after training versus before training. The benefits of HMB are best achieved when taken close to training times.

- **INCREASE PROTEIN SYNTHESIS & SUPPORTS GROWTH HORMONE**
- **PROMOTE NITROGEN RETENTION & MUSCLE CELL VOLUMIZING**
- **SPEED RECOVERY AFTER EXERCISE**
- **OPTIMIZE ENERGY LEVELS**
- **HELP PREVENT MUSCLE BREAKDOWN**
- **SUPPORT IMMUNE SYSTEM FUNCTION**

MADE IN THE USA

975 Bennett Drive
Longwood, FL 32750

Pure Nutrition Go Green

Warning: Pregnant or lactating women, diabetics, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements. Do not use if seal is broken. 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.

DIETARY SUPPLEMENT