

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

HMB ( $\beta$ -Hydroxy  $\beta$ -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.

Code 2054BN vs



**HMB  
500 MG**

**SPORTS RECOVERY\***

**PRESERVES  
LEAN MASS\***

**MAINTAINS  
MUSCLE\***

**WITH  
VITAMIN  
D-3**

**120 VEG CAPSULES**  
A Dietary Supplement



## Supplement Facts

Serving Size 2 Veg Capsules  
Servings Per Container 60

|                                                                                                                        | Amount<br>Per Serving | % Daily<br>Value |
|------------------------------------------------------------------------------------------------------------------------|-----------------------|------------------|
| Vitamin D <sub>3</sub> (as Cholecalciferol)                                                                            | 12.5 mcg (500 IU)     | 63%              |
| Calcium<br>(from Calcium $\beta$ -Hydroxy $\beta$ -Methylbutyrate Monohydrate)                                         | 160 mg                | 12%              |
| HMB ( $\beta$ -Hydroxy $\beta$ -Methylbutyrate)<br>(from Calcium $\beta$ -Hydroxy $\beta$ -Methylbutyrate Monohydrate) | 1 g (1,000 mg)        | †                |

† Daily Value not established.

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

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA [nowsportsproducts.com](http://nowsportsproducts.com)

Made and quality tested in the USA with globally sourced ingredients.

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  $\beta$ -Hydroxy  $\beta$ -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.