

SUGGESTED USAGE: Take 1/4 level teaspoon 2 to 3 times daily. Mix into water or your favorite beverage. For best results, use in conjunction with an exercise program.

HMB (β -Hydroxy β -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. Do not eat freshness packet enclosed.

Code 2057N v4



HMB POWDER

SPORTS RECOVERY*

**ENHANCES
RECOVERY***

**PRESERVES
LEAN MASS***

**MAINTAINS
MUSCLE***

NET WT. 90 G (3.2 OZ.)

A Dietary Supplement

Supplement Facts

Serving Size 1/4 Level Teaspoon (approx. 1 g)
Servings Per Container about 90

	Amount Per Serving	% Daily Value
Calcium (from Calcium β -Hydroxy β -Methylbutyrate Monohydrate)	130 mg	10%
HMB (β -Hydroxy β -Methylbutyrate) (from Calcium β -Hydroxy β -Methylbutyrate Monohydrate)	770 mg	†

† Daily Value not established.

Other ingredients: None.

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowsportsproducts.com

Packaged and quality tested in the USA.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Nutritional uses of Calcium β -Hydroxy β -Methylbutyrate Monohydrate (HMB) are licensed to NOW Health Group, Inc. Use of the trademark myHMB® is licensed from Metabolic Technologies.

This product is sold by weight not volume.

Store in a cool, dry, dark place after opening.

Natural color variation may occur in this product.

