

**SPECIALTY
SUPPLEMENT**

**FOR MAXIMUM PERFORMANCE, TAKE ONE
CAPSULE FOUR TIMES DAILY.**

MET-Rx® HMB 1000

- HMB is a metabolite of leucine, a Branched Chain Amino Acid.
- May help support strength levels and muscles when used in combination with weight training.*

Directions: For adults, take one (1) capsule four times daily, preferably with meals. Do not exceed recommended dose.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

◊Per capsule, compared to our previous HMB 250 mg Formula.

Uses of Calcium β -Hydroxy β -Methylbutyrate Monohydrate (HMB) are licensed under U.S. Patent 6,103,764. Use of the trademark **HMB** is licensed from Metabolic Technologies.

*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.

MET-Rx®

HMB 1000

» **4x THE HMB◊**

» **PROVIDES MUSCLE & STRENGTH
SUPPORT***

» **CALCIUM β -HYDROXY
 β -METHYLBUTYRATE MONOHYDRATE**

90 CAPSULES

DIETARY SUPPLEMENT

**SPECIALTY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value	
Calcium (as β -Hydroxy β -Methylbutyrate Monohydrate (HMB))	130 mg	13%
Calcium β -Hydroxy β -Methylbutyrate Monohydrate (HMB)	1,000 mg (1 g)	**

**Daily Value not established.

Other Ingredients: Gelatin, Croscarmellose.
Contains <2% of: Silica, Vegetable Magnesium Stearate.

MET-Rx®
YOU CAN'T FAKE STRONG™

Manufactured in the USA by
MET-Rx Nutrition, Inc.
Boca Raton, FL 33487
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Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com

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