

About Blonyx HMB+ Creatine

HMB and **Creatine** are the most researched supplement ingredients proven to improve athletic performance. Research shows that:

- **HMB** and **Creatine** enhance **strength** and **muscle mass** when combined with heavy training¹.
- **HMB** enhances muscle **recovery** after strenuous exercise¹.

HMB and **Creatine** are naturally occurring substances needed by the body for muscle function and repair. We get **HMB** and **Creatine** from eating foods such as grapefruit and meat.

At **Blonyx** we believe that supplements should only contain simple, proven ingredients without unnecessary sugars, sweeteners or other additives. Find out more at www.blonyx.com

¹**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.**

Nutritional uses of Calcium β-Hydroxy β-Methylbutyrate Monohydrate  are licensed to Blonyx under U.S. Patent # 6,103,764. Use of the trademark  is licensed from Metabolic Technologies.



Each lot we manufacture is tested for banned substances and accuracy of label claim by an independent lab. Contact us to see these results



Net Wt 8.5 oz (240 g)
Dietary Supplement
NPN#80039957

Directions: To benefit from taking HMB and Creatine you require 3g of HMB and 5g of Creatine a day. To achieve this take one level scoop (4g) twice a day with food. Do not exceed the recommended serving. This tub contains a 30 day supply.

Supplement Facts		
Serving size: 1 level scoop (4g) Servings per container: 60		
Amount Per Serving	% Daily Value	
Calcium (From Calcium-β-Hydroxy-β-Methylbutyrate)	195 mg	20 %
Calcium-β-Hydroxy-β-Methylbutyrate (HMB)	1.5 g	†
Creatine Monohydrate	2.5 g	†
† Daily value not established.		

KEEP OUT OF REACH OF CHILDREN. This product is not intended for children, pregnant or breastfeeding women. People with known medical problems should consult their physicians prior to using this product, as they should with all dietary supplements.

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