



now
SPORTS

HMB Powder

NET WT. 90 g (3.2 OZ.)



HMB

**A Dietary Supplement
Vegetarian/Vegan**

**Non-
GMO**



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.
Natural color variation may occur in this product.

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

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut 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. under U.S. Patent # 6,103,764. Use of the trademark **HMB** is licensed from Metabolic Technologies.

This product is sold by weight not volume.

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



7

33739 02057

4

CODE 2057
V1