



HMB POWDER

SPORTS RECOVERY*

ENHANCES RECOVERY*

PRESERVES LEAN MASS*

MAINTAINS MUSCLE*

STERILIZED
V
K
Non-GMO

NET WT. 90 G (3.2 OZ.)

A Dietary Supplement



HMB POWDER

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.

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.