

SUGGESTED USAGE: Take 1 tablet 2 to 3 times daily with food. 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.

Natural color variation may occur in this product.

NOW® Double Strength HMB has twice the HMB (1,000 mg per tablet) as in our regular strength product (500 mg per capsule).

Code 2058BN v6



**DOUBLE STRENGTH
HMB
1000 MG**

SPORTS RECOVERY*

**PRESERVES
LEAN MASS***

**MAINTAINS
MUSCLE***

**WITH
VITAMIN
D-3**

90 TABLETS

A Dietary Supplement



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin D (as D ₃ Cholecalciferol)	12.5 mcg (500 IU)	63%
Calcium (from Calcium β -Hydroxy β -Methylbutyrate Monohydrate)	170 mg	13%
HMB (β -Hydroxy β -Methylbutyrate) (from Calcium β -Hydroxy β -Methylbutyrate Monohydrate)	1 g (1,000 mg)	†

† Daily Value not established.

Other ingredients: Hydroxypropyl Cellulose, Stearic Acid (vegetable source), Silicon Dioxide and Vegetarian Coating [hypromellose (cellulose), stearic acid (vegetable source), sunflower lecithin, triethyl citrate, sunflower oil].

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd. Bloomington, IL 60108, USA nowsportsproducts.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish 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) and Vitamin D are licensed to NOW Health Group, Inc. under U.S. Patent # 8,815,280, # 9,259,430, # 9,539,224 and # 9,707,241. Use of the trademark myHMB® is licensed from Metabolic Technologies.

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