



HMB

500 mg

- Preserves Lean Mass*
- Enhances Recovery*

120 Veg Capsules

A Dietary Supplement
Vegetarian/Vegan



SUGGESTED USAGE: Take 2 capsules 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.

Do not eat freshness packet. Keep in bottle.
Natural color variation may occur in this product.

Supplement Facts

Serving Size 2 Veg Capsules
Servings Per Container 60

	Amount Per Serving	% Daily Value
Calcium (from Calcium β -Hydroxy β -Methylbutyrate Monohydrate)	160 mg	12%
HMB (β -Hydroxy β -Methylbutyrate) (from Calcium β -Hydroxy β -Methylbutyrate Monohydrate)	1 g (1,000 mg)	†

† Daily Value not established.

Other ingredients: Cellulose (capsule), Stearic Acid (vegetable source) and Silica.

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.

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



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