



HMB 3000

- Helps Support Muscle Strength
- Promotes Lean Body Mass
- Reduce Muscle Breakdown

3,000 mg
PER SERVING

BETA-HYDROXY BETA-METHYL BUTYRATE

HMB, also known as β -Hydroxy β -Methylbutyrate or hydroxymethylbutyrate, is a metabolite of the amino acid Leucine and is produced naturally in the body in small amounts. Getting more HMB naturally isn't always easy. In the body, less than five percent of all leucine is converted to HMB. Even on a good day, protein-packed foods can leave adults coming up short.

As a result, athletes and bodybuilders have recognized this and have supplemented with HMB to build and repair muscle as well as improve recovery from exercise. Regular consumption of HMB can assist in slowing protein breakdown and improving protein synthesis. In athletes who engage in intense weight and resistance training, research suggests that HMB may have several health benefits which include lean muscle gains, increased strength output, quicker recovery and an overall improved response to training. It also counteracts the muscle breakdown process because it stimulates protein synthesis via the mammalian target of rapamycin (mTOR) pathway.

Research also suggests that HMB may enhance muscle strength in previously untrained individuals when used in combination with an intense resistance training program. It may also help to prevent muscle wasting (sarcopenia) in elderly adults when combined with exercise.

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calcium (As Calcium beta-hydroxy-beta-methylbutyrate)	405 mg	31%
Calcium HMB (Calcium beta-hydroxy-beta-methylbutyrate)	3,000 mg	+

+ Daily Value not established.

Other Ingredients: Hypromellose (Capsule), Microcrystalline cellulose, Magnesium stearate, Silicon dioxide

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