HMB 3000

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

3,000 mg
PER SERVING

BETA-HYDROXY BETA-METHYLBUTYRATE

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.

Medicinal Ingredients / Ingrédients médicinaux

Serving Size / Portion : 4 Capsules / gélules
Servings Per Container / Portions par contenant : 30

Amount per serving / Teneur par portion		% DV* / % VQ*
Calcium (As Calcium beta-hydroxy-beta-methylbutyrate) *Calcium (sous forme de bêta-hydroxy-bêta-méthylbutyrate de calcium)*	405 mg	31%
Calcium HMB (Calcium beta-hydroxy-beta-methylbutyrate) *HMB de calcium (bêta-hydroxy-bêta-méthylbutyrate de calcium)*	3,000 mg	†

† Percent Daily Value (DV) based on a 2,000 calorie diet. / Pourcentage de la valeur quotidienne (VQ) selon un régime alimentaire de 2 000 calories.

NON-MEDICINAL INGREDIENTS: Hypromellose (Capsule), Microcrystalline cellulose, Magnesium stearate, Silicon dioxide
INGRÉDIENTS NON-MÉDICINAUX : Hypromellose (capsule), Cellulose microcristalline, Stéarate de magnésium, Dioxyde de silicium

CA1001

cGMP REGISTERED FACILITY
GLUTEN FREE TESTED
NON GMO NON GMO

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