

# HMB 1000

MUSCLE AND STRENGTH<sup>†</sup>



HELPS BUILD LEAN MUSCLE MASS<sup>†</sup>

SUPPORTS MUSCLE TISSUE REPAIR AND RECOVERY<sup>†</sup>

IMPROVES MUSCLE STRENGTH AND PERFORMANCE<sup>†</sup>

INCREASES PROTEIN SYNTHESIS & REDUCES PROTEIN BREAKDOWN<sup>†</sup>

HELPS PREVENT OVERTRAINING AND STAGNATION<sup>†</sup>



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<sup>†</sup> 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.

- Promotes lean muscle mass<sup>†</sup>
- Assists in muscle repair and recovery<sup>†</sup>
- Improve muscle output and strength<sup>†</sup>
- All natural anabolic compound<sup>†</sup>
- Ultra micronized for maximum bioavailability<sup>†</sup>

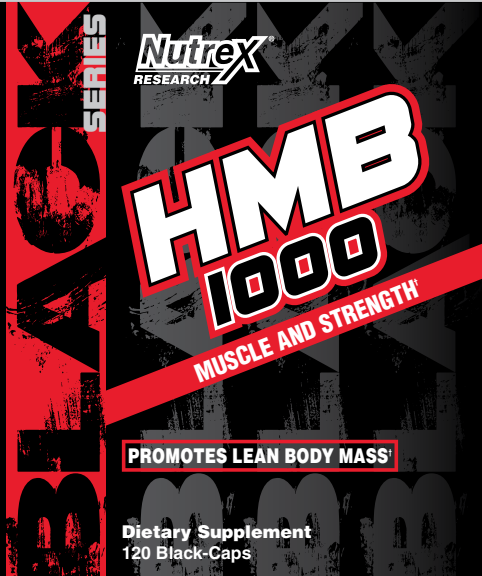
HMB (β-Hydroxy β-Methylbutyrate) is a metabolite of the amino acid Leucine and is one of the most effective natural anabolic compounds – both preventing the breakdown of muscle fibers while increasing protein synthesis. As a result, HMB supplementation may increase muscle recovery after intense exercise, boost muscle growth, and even enhance endurance while working out. While the human body does have a limited ability to convert Leucine to HMB, it's thought that the only way to significantly increase blood HMB levels is through dietary supplementation.<sup>†</sup>

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LBL-HMB1000-120CT-V1-US



Developed by & Manufactured Exclusively for:  
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## SUPPLEMENT FACTS

Serving Size: 2 Black-Caps	Servings Per Container: 60
Amount per serving %DV	
Calcium (as Calcium Beta-Hydroxy-Beta-Methylbutyrate)	135mg 14%
Calcium HMB (as Calcium Beta-Hydroxy-Beta-Methylbutyrate)	1000mg *
* Daily Value not established.	

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Capsule, Magnesium Stearate, Silica, Titanium Dioxide, FD&C Green No. 3, FD&C Red No. 40, FD&C Yellow No. 6, FD&C Red No. 3, FD&C Blue No. 1.

**RECOMMENDED USE:** Take 1 serving (2 capsules) three times per day.

Regular exercise and proper nutrition are essential for achieving your weight loss goals. As individuals vary so may results from using this product. This product utilizes a combination of synthetic and natural compounds.