

HMB

CALCIUM β -HYDROXY
 β -METHYLBUTYRATE

METABOLITE
OF LEUCINE



3000MG PER DOSE
SCIENTIFICALLY TESTED

DESCRIPTION

β -HYDROXY- β -METHYLBUTYRATE (HMB) is a naturally occurring metabolite of the amino acid leucine. Leucine becomes its analogue keto (keto isocaproate or KIC) and then becomes HMB (Sabourin and Bieber, 1983) (Van Koevering and Nissen, 1992) and it has been widely used among bodybuilders and strength / power athletes. All the endogenous HMB comes from the intake of leucine (Van Koevering and Nissen, 1992) in the diet whereby the blood concentration of HMB can increase 5-10 times after a meal rich in leucine (Nissen et al., nineteen ninety six). Leucine is one of the essential amino acids and also belongs to the group of branched chain essential amino acids being very popular among bodybuilders and trained athletes.

Hydroxymethylbutyrate supplementation with up to 3 g daily has been shown to be very well tolerated, so it can be taken continuously.

HMB of Hero Tech Nutrition® contains 102 tablets of 1000mg of Calcium β -hydroxy- β -methylbutyrate and it is advisable to take a daily dose of 3000mg (3 tablets) distributed during the day.

DIRECTIONS

Take one daily dose (3 tablets) distributed during the day.
Before meals.

INGREDIENTS

Calcium β -Hydroxy β -Methylbutyrate, bulking agent (microcrystalline cellulose), anti-caking agents (magnesium salts of fatty acids, silicon dioxide). **WARNINGS:** Store in a cool, dry place. Heat and sunlight may damage the bottle. Keep out of the reach of children. Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such. Don't exceed the recommended daily dosage. May contain traces of *gluten, milk, egg, soy, celery, sulphur dioxide, sulphites, fish, molluscs and crustaceans.*

PRESENTATION

102 tablets.

NUTRITIONAL INFORMATION

Amount per dose	3 tablets
HMB Ca (Calcium β -Hydroxy β -Methylbutyrate).....	3000 mg
- Of which HMB.....	2595 mg

Recommended daily dose: 3 tablets.
Dose per container: 34