HMB PLUS

HMB AND VITAMIN B6 FOOD SUPPLEMENT

MUSCLE STRENGTHENING AND RECOVERY FROM INTENSE ACTIVITY

- EXTREMELY PURE

- EACH TABLET PROVIDES 1 g OF HMB

HIGH QUALITY STANDARD

PACKAGE: 120 TABLETS, 1300 mg/each

RECOMMENDED FOR

- People who do strength or endurance training
- People who look for an anti-catabolic and/or ergogenic effect

WHEN TO USE HMB PLUS

2h 1h 30' 0 0 30' 1h 2h

BEFORE DURING AFTER

Warnings: do not exceed the recommended daily dose. Keep out of reach of children under the age of 3. Supplements are not intended as substitutes for a varied, balanced diet and a healthy lifestyle. Store in a cool, dry place. The best before end refers to the product in its intact container when stored as directed. *This product is tested free from nandrolone and testosterone with their precursors, free from β2–agonists, amphetamines and ephedrines.

INFORMATION

HMB is a metabolite of the essential amino acid leucine and is synthesized by the human body. Vitamin B6 contributes to normal protein and glycogen metabolism and to the reduction of tiredness and fatigue.

FEATURES

HMB Plus is a β-hydroxy β-methylbutyrate food supplement made with top quality, gluten-free raw materials. This food supplement is tested free from doping substances by the Public Health Laboratory of Florence.

HOW TO USE AND RECOMMENDED DAILY DOSE

3 tablets per day, preferably between meals. In case of intense sport activity we suggest 3 tablets per day: 1 tablet after breakfast, 1 after protein-based snack after the training session and 1 tablet before going to sleep.

INGREDIENTS

Calcium β-hydroxy β-methylbutyrate (HMB), Bulking agent: microcrystalline cellulose, Anti-caking agents: silicon dioxide, magnesium stearate; Vitamin B6 (pyridoxine hydrochloride).

TYPICAL VALUES

	Per dose (3 tablets)	%NRV Per dose (3 tablets)
HMB	3 g	-
Vitamin B6	0.84 mg	60%

NRV: Nutrient Reference Values (adults) according to Reg. (EU) No 1169/2011

BIBLIOGRAFIC INFORMATION ON PARTICULAR COMPONENENTS

HMB, acronym of Idrossi Metil Butirrato, is a metabolic product, synthesized by the body to start from Leucine. In cellular environment, part of this essential amino-acid withstands a transamination reaction. The result is leucine keto-acid, called α-chetoisocaproato (KIC), which has anti-catabolic features precursor amino-acid. Most of (KIC) is converted into isovaleril-CoA, as around 5% is metabolised in Beta-idrossi Beta-metilButirrato (HMB). Definitively to synthesize around 3 grams of HMB needs around 60 grmas of Leucine, this doesn't happen usually. It's estimated that an adult body of 70 kg produces from 200 to 400 mg of HMB daily, obviously also on the basis of food contribution of leucine. Idrossi Metil Butirrato was discovered in pig's milk. Considered its presence in food, nowadays HMB is used like supplement. In accordance with several studies*, the supplementation with HMB has a good ergogenic effect, thanks to its anabolic, lipolytic and anti-catabolic features, with reduction of DOMS (Delayed Onset Muscle Soreness - Soreness or muscle pain of the day after, called also "DOMS")

**Effects of beta-hydroxy-beta-methylbutyrate (HMB) on exercise performance and body composition across varying levels of age, sex, and training experience: A review - Gabriel J Wilson Jacob M Wilson Anssi H Manninen*