

Who are Blonyx and what is HMB?? Who should be using Blonyx products and why?

The Blonyx Belief:

Blonyx believes the supplement industry needs to show more respect to the athletes it serves. Their motto is Simplicity in product, depth in science and integrity in marketing - basically meaning their products are additive free, clean and easy to understand and learn about; there is a lot of science behind each ingredient; and they focus on education and honesty rather than marketing hype to sell their products.

The products:

They have just three: HMB+ Creatine, HMB Sport, and Beta alanine. **[Can delete as required]**

HMB+ Creatine (orange tub) is for strength athletes. HMB reduces the muscle damage from your training (think - less recovery time and better management of high volume), where Creatine is an excellent quick energy source for all strength movements.

Their HMB Sport product (green bottle) is just the HMB on it's own (excellent for all round athletes not wanting to take Creatine - it also slows muscle wasting when you are injured, not able to train as much, or even just worried about muscle loss with ageing).

Beta alanine (blue tub) is a muscle acid buffer. Using it daily will improve performance in WODs where you start to feel that lactic acid burn - think row sprints, the push ups and squats in Cindy or Murph for example. It has a skin tingle effect when taking it, but is perfect for those metcon burners.

Why we stock Blonyx products (and who should be taking them)?:

Firstly, Blonyx shares our opinion on supplements. Blonyx states that before taking sports supplements your training consistency / programming, general nutrition (real food) and recovery management should be dialed - this is where the biggest results will come from. **If you don't have this down, save your money.**

Secondly, Blonyx encourages you to understand what you are taking and why. Their web site is an excellent source of information - but run web searches, read the research etc. until you are happy. **You shouldn't take supplements you don't understand.**

Thirdly, the products are well thought out with research behind them:

Looking to increase your strength: take HMB+Creatine;

For general performance without: use the HMB Sport; improved metcon, Beta alanine. And there is good research backing this up.

Unsure whether to start taking supplements, or as to which Blonyx product to test out? Talk to me or any of our coaches to find out more.

Limited stock available so don't wait, grab your tub [today!](#)
