

Blonyx



3g/d

HMB

HMB protects muscle from damage, reducing soreness and recovery time.

1g/d

MADE IN THE BODY
(FROM LEUCINE)



0.5g/d

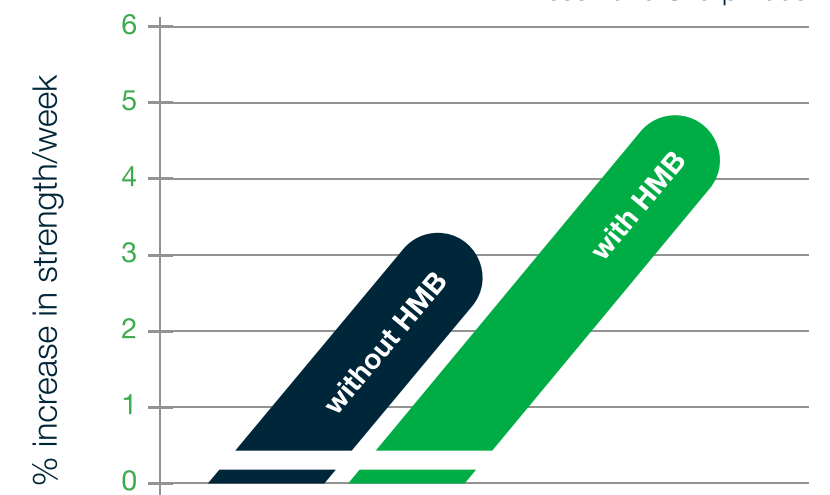
FOUND IN THE FOOD WE EAT
(FISH AND GRAPEFRUIT)



30
DAYS' SUPPLY

01 HMB INCREASES STRENGTH WITH TRAINING

*Nissen and Sharp 2003



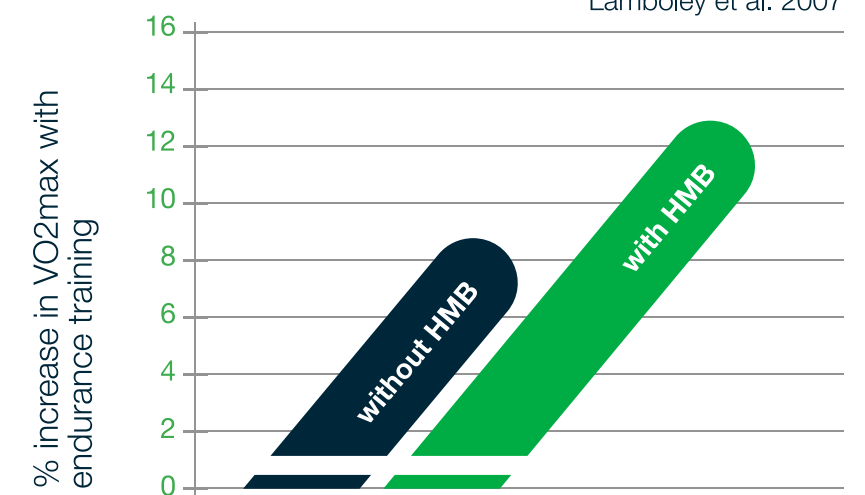
02 HMB REDUCES MUSCLE DAMAGE FROM TRAINING

*Jowko et al. 2001



03 HMB ENHANCES ENDURANCE CAPACITY

*Lamboley et al. 2007



RESEARCH SHOWS:

References found at www.blonyx.com



Taking HMB increases strength with weight training.



Supplementing with HMB increases muscle mass gains.



HMB speeds improvements in endurance performance running, cycling and rowing.



Taking HMB reduces the recovery time required between training sessions by reducing muscle damage.

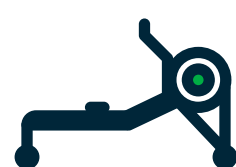
IDEAL FOR:



Weightlifters



CrossFit Athletes



Endurance Athlete



Athletes Working on Metcon Performance



Sportspeople

SIMPLICITY IN PRODUCT - DEPTH IN SCIENCE - INTEGRITY IN MARKETING

www.blonyx.com