



Muscles meet myHMB[®]

Preserve healthy muscle. Start living better.

MyHMB[®], scientifically known as beta-hydroxy beta-methylbutyrate, is a natural metabolite of the BCAA leucine. It aids in increasing muscle protein by acting on both sides of the metabolic pathways of protein balance.

MyHMB[®] stimulates muscle protein synthesis through the mTOR pathway while simultaneously decreasing muscle protein breakdown by decreasing the ubiquitin-proteasome proteolytic pathway. With myHMB[®] you can reduce muscle soreness and fatigue, improve body composition, and increase aerobic capacity.



Healthy Muscles. Healthy Life. Learn more at www.myhmb.com

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.



Healthy
muscles.
Healthy
life.



What is myHMB® ?

Scientifically known as HMB or beta-hydroxy-beta-methylbutyrate – myHMB® is one of the most efficient nutritional aids for maintaining muscle mass. While many ingredients simply work to increase muscle protein synthesis, HMB is unique in its dual mechanism of simultaneously increasing muscle protein synthesis while also reducing muscle protein breakdown.

HMB is produced naturally in our bodies during the metabolism of the essential amino acid leucine. While many of HMB's beneficial effects are shared with leucine, HMB offers more potent muscle retention and recovery benefits because of the additional effect it has on decreasing protein breakdown.

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Who benefits from myHMB® ?



Active
Lifestyles



Clinical
Nutrition



Healthy
Aging



Performance
Driven

Benefits of myHMB®

- Boost protein synthesis
- Reduce protein breakdown
- Improve strength gains
- Reduce exercise-induced muscle damage
- Maintain muscle mass
- Improve body composition
- Improve recovery
- Increase endurance
- Improve anabolic effects of plant-based protein