STRUCTURE / FUNCTION CLAIMS

NUTRIENT: HMB (HydroxyMethylButyrate)

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PRODUCT: ABB 55499 HMB 60c

NUTRIENT AMOUNT: 500mg Calcium hydroxymethylbutyrate per cap

STRUCTURE/FUNCTION CLAIM:

HMB stands for beta-hydroxy-beta-methylbutyrate, a metabolite of Leucine's ketoacid. HMB helps spare leucine which allows more efficient protein synthesis, thus preventing muscle breakdown during stress (workout). By combining this powerful supplement with your training regimen, HMB may enhance your strength and body fat loss.

REFERENCES:

1. Nissen S, Panton I, Wilhelm R, Fuller JC, Effect of β-hydroxy-β-methylbutyrate (HMB) supplementation on strength and body composition of trained and untrained males undergoing intense resistance training, *FASEB J*, 1996; 10(3):A287.

2. Van Koevering MT, Dolezal HG, Gill DR, Owens FN, Strasia CA, Buchanan DS, Lake R, Nissen S, Effects of β-hydroxy-β-methylbutyrate on performance and carcass quality of feedlot steers, *J Anim Sci*, 1994; 72:1927-1935.

3. Nissen S, Sharp R, Ray M, Rathmacher JA, Rice D, Fuller JC, Abumrad N, The effect of the leucine metabolite β-hydroxy-β-methylbutyrate on muscle metabolism during resistance-exercise training, *Am J Appl Physiol*, in press, 1996.

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5. Van Koevering M, Nissen S, Oxidation of leucine and α-ketoisocaproate to β-hydroxy-β-methylbutyrate in vivo, *Am J Physiol*, 1992; 262:E27-E31.

6. Gatnau R, Zimmerman DR, Nissen S, Wannamuehler M, Ewan RC, Effect of excess dietary leucine and leucine catabolites on growth and immune response in weanling pigs, *J Anim Sci*, 1995; 73:159-165.

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