



# HMB Plus

## INTRODUCED 2011

### What Is It?

HMB (beta-hydroxy beta-methylbutyrate) is a metabolite of the branched chain amino acid leucine. HMB Plus combines HMB, pH balanced creatine and alpha lipoic acid to support healthy protein metabolism and promote lean body mass and strength gains when combined with exercise training.\*

### Uses For HMB Plus

**Lean Body Mass:** The benefits of HMB on lean body mass have been demonstrated in over 30 clinical studies involving both young and aging cohorts with diverse backgrounds of physical conditioning. HMB provides powerful support for maintaining muscle mass when combined with an exercise program. By supporting the integrity of muscle fibers and protecting important contractile proteins, HMB helps maintain muscle strength. HMB also directly supports protein synthesis by maintaining healthy growth factor signaling and ribosome activity in muscle cells. Both HMB and alpha lipoic acid support intramuscular antioxidant status and maintain inflammatory balance. Alpha lipoic acid helps maintain muscle mass by supporting reduced glutathione pools and encourages metabolic homeostasis by promoting normal glucose uptake. Well-known for its role in bioenergetics and ATP repletion, creatine activates different pathways to support both aerobic and aerobic exercise adaptations. Specifically, creatine supports healthy gene expression and growth factor activity to promote protein synthesis.\*

### What Is The Source?

Calcium beta-hydroxy beta-methylbutyrate (HMB), KreAlkalyn® (pH balanced creatine) and alpha lipoic acid are synthetic. KreAlkalyn® is a pH-balanced creatine that does not require a loading phase for maximum benefit.

Kre-Alkalyn® is a registered trademark of Bioceutical Research and Development Laboratory (BR&D). Kre-Alkalyn® is a US-patented product (US Patent 6,399,661).

### Recommendations

Pure Encapsulations recommends 3-6 capsules daily, in divided doses, with or between meals.

### Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. In some individuals, creatine can cause nausea, diarrhea or muscle cramps. Creatine supplementation should be avoided by individuals with existing kidney disease. One case report of nephritis and one case report of atrial fibrillation have been documented. Consult your physician for more information.

### Are There Any Potential Drug Interactions?

Creatine should not be combined with nephrotoxic medications, including cyclosporine and nonsteroidal anti-inflammatory drugs (NSAIDs). Consult your physician for more information.

#### HMB Plus

three vegetable capsules contain  v 00

calcium beta-hydroxy beta-methylbutyrate (HMB) .....	1500 mg
KreAlkalyn® (pH balanced creatine).....	500 mg
alpha lipoic acid (thioctic acid).....	50 mg

3-6 capsules daily, in divided doses, with or between meals.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.