What Is It?
HMB Plus combines HMB, pH balanced creatine and alpha lipoic acid to support healthy protein metabolism when combined with exercise training.*

Uses For HMB Plus
Lean Body Mass: HMB (beta-hydroxy beta-methylbutyrate) is a clinically researched metabolite of a leucine, a branched chain amino acid that promotes protein synthesis. Both HMB and alpha lipoic acid support intramuscular antioxidant status and maintain cytokine 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.

Recommendations
Pure Encapsulations recommends 1 capsule daily, with or between meals, or as directed by a health professional.

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
Two vegetarian capsules contain

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>calcium beta-hydroxy beta-methylbutyrate (HMB)</td>
<td>500 mg</td>
</tr>
<tr>
<td>KreAlkalyn® (pH balanced creatine)</td>
<td>166 mg</td>
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<tr>
<td>alpha lipoic acid (thioctic acid)</td>
<td>16 mg</td>
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| other ingredients: vegetarian capsule (cellulose, water) | 2 capsules daily, with or between meals, or as directed by a health professional.

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).