

Recommended Adult Dose: In a glass, add 250 ml of water or juice to two scoops of HMB Complex and mix. Take once daily with a meal or as recommended by your healthcare practitioner. **Risk Information:** Consult your healthcare practitioner prior to use if you are pregnant, breastfeeding, taking any medication, or have any health condition. Some people may experience gastrointestinal discomfort. **Guaranteed** to contain no added wheat, yeast, gluten, soy, artificial coloring or flavoring or dairy products. Ideal for vegetarians. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place. Keep out of reach of children.

v3 479-470U



GENESTRA BRANDS®

HMB Complex

AMINO ACID SUPPLEMENT
Natural Citrus Flavor

Net Weight **16.6** oz (470 g)

Supplement Facts

Serving Size 2 Scoops (33.4 g)
Servings per Container about 14

Each Serving Contains		% DV
Calories	130	
Total Carbohydrate	10 g	3% ♦
Sugars	9 g	*
Vitamin D (as cholecalciferol)	500 IU	125%
Calcium	225 mg	23%
Sodium	40 mg	2%
Potassium	230 mg	7%
CaHMB (calcium beta-hydroxy-beta-methylbutyrate)	1.5 g	*
L-Glutamine	7 g	*
L-Arginine (as L-arginine hydrochloride)	7 g	*
Branched Chain Amino Acids	1.2 g	*
L-Leucine	600 mg	*
L-Isoleucine	300 mg	*
L-Valine	300 mg	*

♦ Percent Daily Values (DV) are based on a 2000 calorie diet

* Daily Value not established

Other ingredients: Dextrose, natural flavors (orange, lemonade), potassium citrate, citric acid, DL-malic acid, sodium chloride, thaumatin

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