

HMB 3800

HIGH QUALITY CALCIUM HMB IN CAPSULES



- High quantity of calcium HMB: 950 mg/capsule
- Providing more to 810 mg pure HMB per capsule
- Easy consumption: 4 capsules daily
- Scientifically proven

HMB 3800 is pure calcium HMB in comfortable capsules. The HMB (β -hydroxy- β -methylbutyrate) is a metabolite derived of the most important of the three branched-chain amino acids, the Leucine.

In muscle cells, HMB acts as a metabolic intermediate, amplifying the capacity for energy production, stimulating synthesis of proteins and reducing her catabolism. In addition, the HMB constitutes an intracellular cholesterol precursor molecule that improves the integrity of the cell membrane by reducing its disruption during exercise and helping to maximize the absorption of nutrients during and after workouts. The increase in intracellular levels of HMB has been related to improvements in recovery processes, reconstruction and muscle growth.

The supplementation with HMB before exercise or during the day:

- Accelerates recovery processes between intense and prolonged training sessions.
- Optimizes the gain of muscle mass in strength training.
- Maximizes fat loss and maintains lean mass during the performance of low-calorie diets.

To observe benefits, the supplementation should be extended by a minimum of 2 to 3 weeks in untrained and up to 6 weeks in the most trained.

And like all Crown Sport Nutrition® products with the highest quality.

Ingredients: Anhydrous calcium β -hydroxy- β -methylbutyrate, anti-caking agents: magnesium stearate, silicon dioxide; calcium phosphate. Coating: bovine gelatin capsule. It may contain traces of crustaceans, fish, soy and milk (including lactose).

Instructions for use: to favor adaptations to training, optimize recovery and attenuate the catabolism induced by intense and prolonged workouts, take 4 capsules approx. one hour before training. The non-training days, take the 4 capsules divided in breakfast, lunch and dinner.

Available formats: Tin of 120 capsules.

NUTRITIONAL INFORMATION	Per capsule	Per serving (4 capsules)
Calcium HMB	950 mg	3.800 mg
• of which HMB	811,3 mg	3.245 mg
• of which calcium	138,8 mg	555 mg