

// NUTRITION INFORMATION

Each capsule provides: 500 mg HMB

// INGREDIENTS

In a 2 piece Gelatine[†] Capsule:

Calcium Beta-hydroxy beta-methylbutyrate (HMB),
Anti-caking Agents (Magnesium Stearate, Silicon Dioxide).

[†]Not suitable for vegetarians.



// INSTRUCTIONS FOR USE

Training days: Take 3 capsules 20-30 mins before workout, and another 3 capsules immediately after workout with your favourite post-workout shake.

Non-training days: Take 3 capsules before breakfast, and a further 3 capsules before your evening meal.

Guidance notice: This product is a food supplement and should be used in conjunction with food as part of a healthy and varied diet, not as a substitute for such. Recommended consumption is six capsules per day. Do not exceed the stated recommended daily dose. This product is not intended for use by persons under the age of 16. **Keep out of reach of young children.**

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R[®]
NUTRITION

90
CAPSULES

HMB

MUSCLE & STRENGTH

// Calcium Beta-hydroxy beta-methylbutyrate (HMB)

// Contains 500 mg of HMB per capsule

Food supplement.

Manufactured at an Informed-Sport registered UK site by:

Reflex Nutrition Ltd,
The Science Park,
Sea View Way,
Brighton, BN2 6NT

reflex-nutrition.com



The ingredients of this product may originate from countries other than the UK.



ReflexNutritionLtd



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STORE IN A COOL DRY PLACE

MADE

BEST BEFORE END

LOT:

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