

ECLIPSE SPORT SUPPLEMENTS

The Intelligent Choice in Sport Nutrition™

HMB

HMB = Increased strength = Increased muscle

HMB (beta-hydroxy beta-methylbutyrate) is a metabolite of the amino acid leucine. HMB has been theorized to increase strength and muscle by preventing post workout muscle breakdown. Scientists think HMB does this by acting as a precursor to muscle that supports repair. Muscle growth is then assisted by having extra substrate for membrane growth, thus having a rapid return to increase protein synthesis_{2,3}. It appears that 3 grams divided throughout the day is the best dosing pattern for athletes weighing 200 lbs. or less. This 3 gram dose achieved the best strength and muscle gains for athletes in the above weight category. Athletes weighing more than 200 lbs. may receive enhanced benefits by using 4 to 6 grams per day. This dosing pattern works best when taken 3 times per day with the largest dose 1 to 2 hours pre-workout. Eclipse has designed a 750-mg capsule. Just 1 cap in the morning, 1 at midday, and 2 pre-workout makes Eclipse's HMB the most convenient method of HMB consumption.

The current research does not suggest cycling or stopping HMB. Continual intake will maintain any muscle gains and has been shown to be safe at the recommended doses. Some research even shows benefit for endurance athletes by



improving aerobic endurance₄. HMB can be used by a wide range of athletes and should be considered an essential supplement.

REFERENCES

1. Nissen S. 1996. Effects of leucine metabolite beta-hydroxy-beta methylbutyrate on muscle metabolism during resistance exercising training. *J. Appl. Physiol.* Nov; 81(5): p. 2095-2104.
2. Nissen S; et al. 1996. Effects of beta-hydroxy-beta methylbutyrate Supplementation on strength and body composition of trained and untrained males during intense resistance training. *FASCB J.* 10(3): A287.
3. Nissen S; et al. 1997. Effect of feeding beta-hydroxy-beta methylbutyrate on body composition and strength of women. *FASEB J.* 11:150.
4. Vukovich M. et al. 1997. Effect of beta-hydroxy-beta methylbutyrate Supplementation on VO₂ peak and maximal lactate in endurance trained cyclist. *Med. Sci. Sports Exerc.* 29(5): 5252.

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 120

Amount Per Serving	%Daily Value
HMB	750 mg *
(Calcium Beta-Hydroxy Beta-Methylbutyrate)	

* Daily value not established

Other Ingredients: Dicalcium Phosphate and Magnesium Stearate.

Nutritional uses of HMB are licensed to Metabolic Technologies Incorporated under U.S. Patent #5,348,979.

Suggested Use: As a dietary supplement, take 4 capsules divided throughout the day with your largest dose (2 capsules) pre workout.