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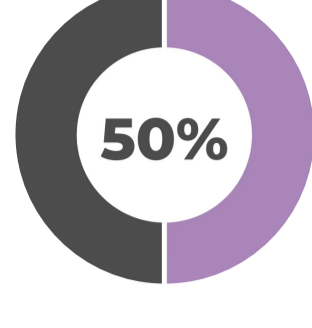
A dynamic duo for aging adults

NIH-funded study shows HMB and Vitamin D₃ improves muscle function in older adults, even without exercise

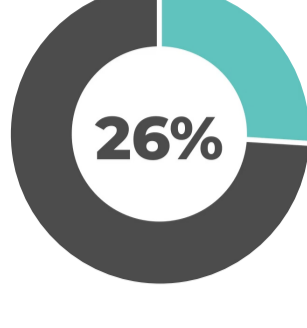


Mind your Muscles

Conditions affecting adults, age 80



Low muscle mass

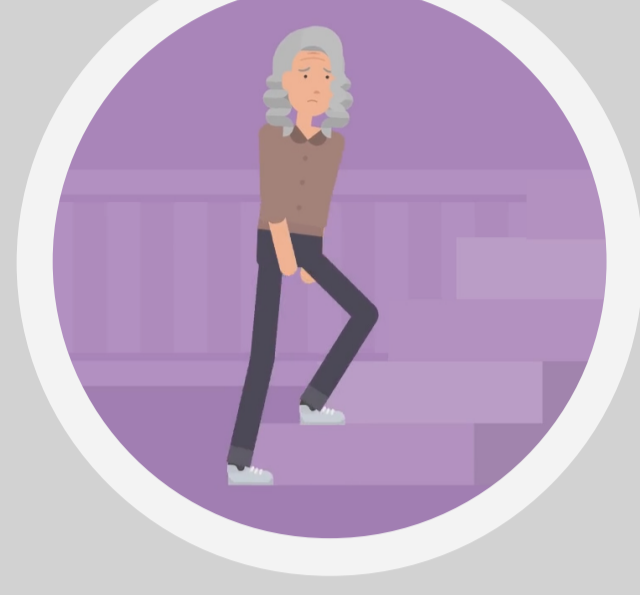


Osteoporosis

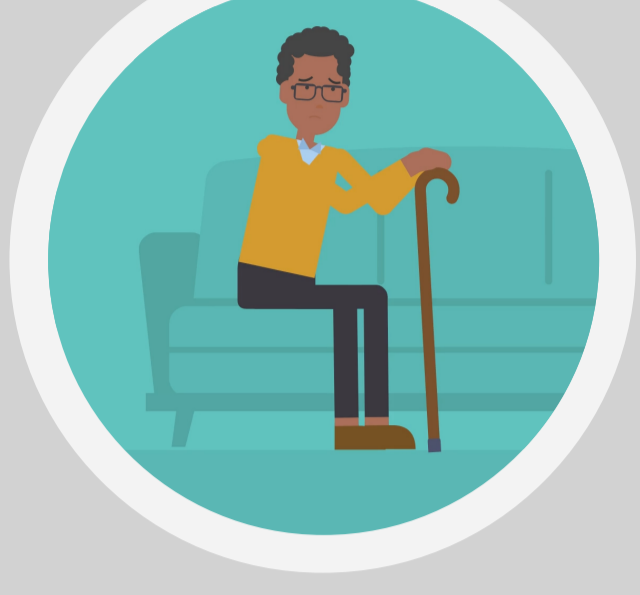


Cognitive impairment

Muscle loss leads to everyday difficulties



Climbing stairs

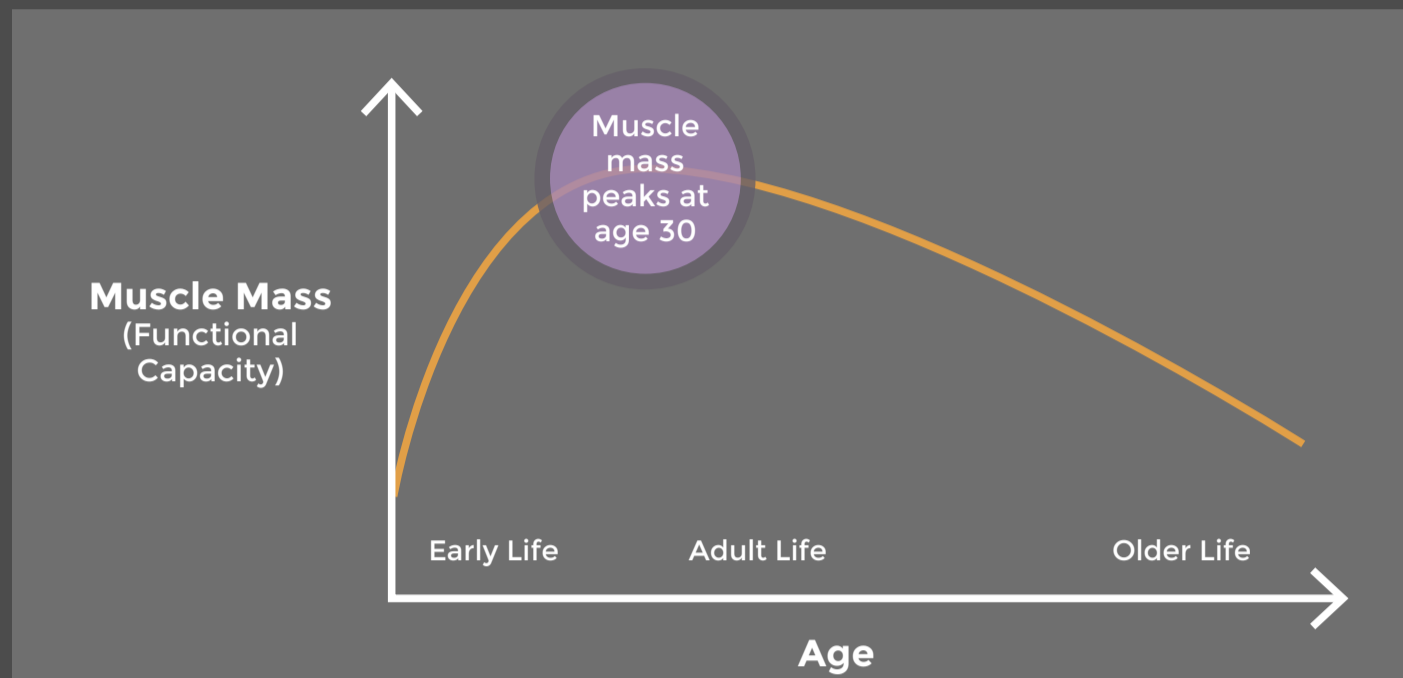


Getting out of chairs



Carrying groceries

Age-related muscle loss will affect everyone



The average age person at age 80:

>30% of muscle mass lost

>20% of strength lost

Increased risk of falls

NIH-funded Study Provides Hope

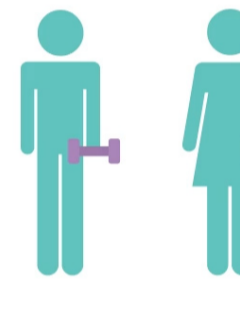
117 healthy adults ages 60 and older completed the year-long study



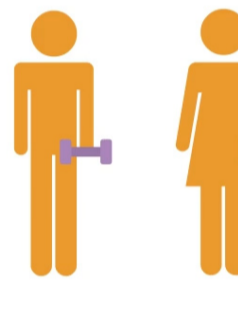
HMB + Vitamin D₃



Placebo



HMB + Vitamin D₃ & Exercise



Placebo & Exercise

Researchers found HMB and Vitamin D₃ improved muscle function in older adults, even without exercise

Physical Functions



Get up and go



Hand grip strength

Muscle strength



Leg strength

Researchers found HMB and Vitamin D₃ helped people feel more energetic

High-activation emotions increased



Participants reporting feeling active, astonished and stimulated

Functional reserve increased

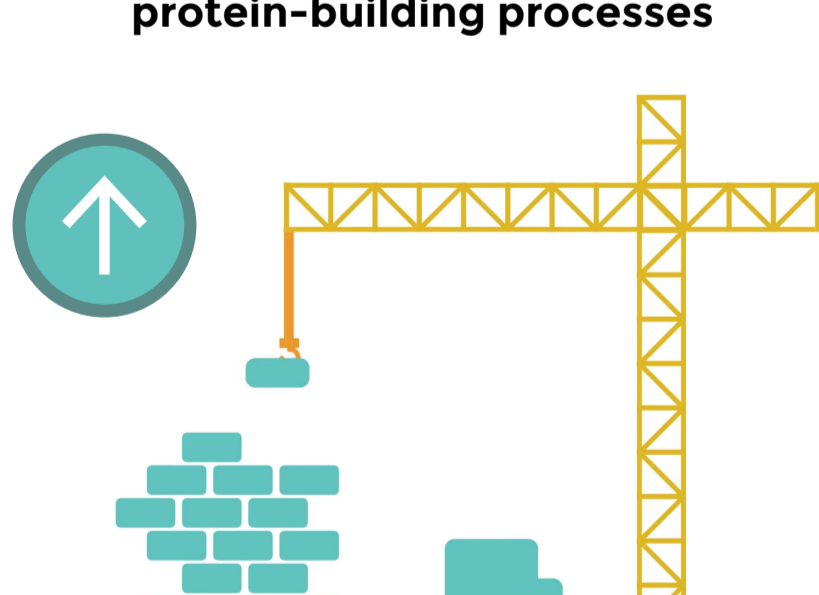


This decreases the perceived effort to carry out activities

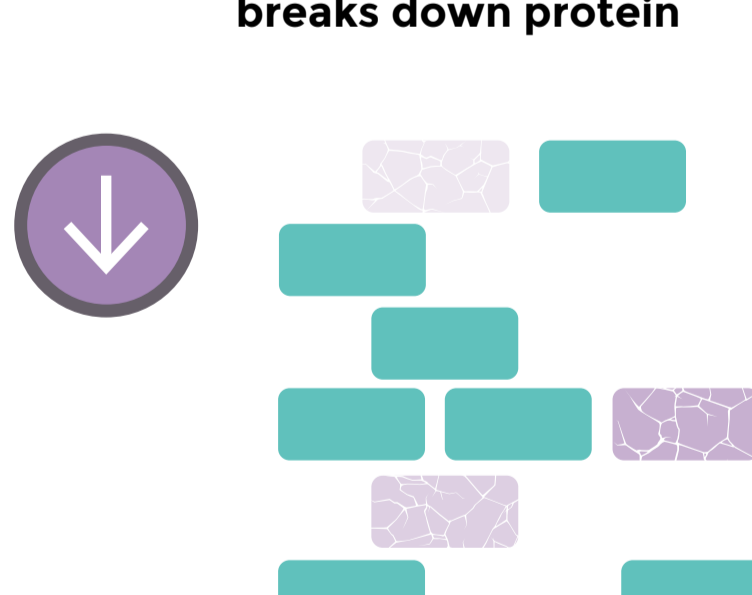
[Read the full study](#)

How HMB Works

Increases the body's protein-building processes



Decreases the processes that breaks down protein



This helps our bodies retain the muscle mass we have and build more.

Visit our website for suggested products:
myhmb.com/nih-study

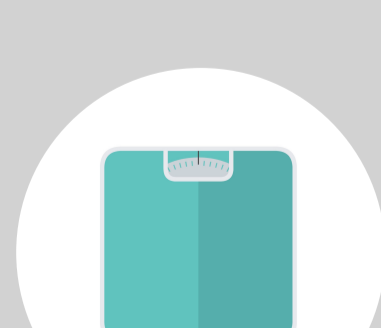
More Ways to Mind your Muscles



Stay active



Eat a balanced diet



Maintain a healthy weight



Get quality rest



Keep a positive attitude



Stay connected with friends and family

Sources

<https://www.webmd.com/healthy-aging/news/20150813/1-in-4-senior-women-in-us-has-osteoporosis-cdc#1>

<https://my.clevelandclinic.org/health/diseases/17990-mild-cognitive-impairment>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6261527/#:~:text=Prevalence%20of%20Muscle%20Mass%20Loss&text=Five%20to%20thirteen%20percent%20of%20is%20lost%20%5B26%5D>

<https://myhmb.com/muscle-health-101/age-related-muscle-loss/>