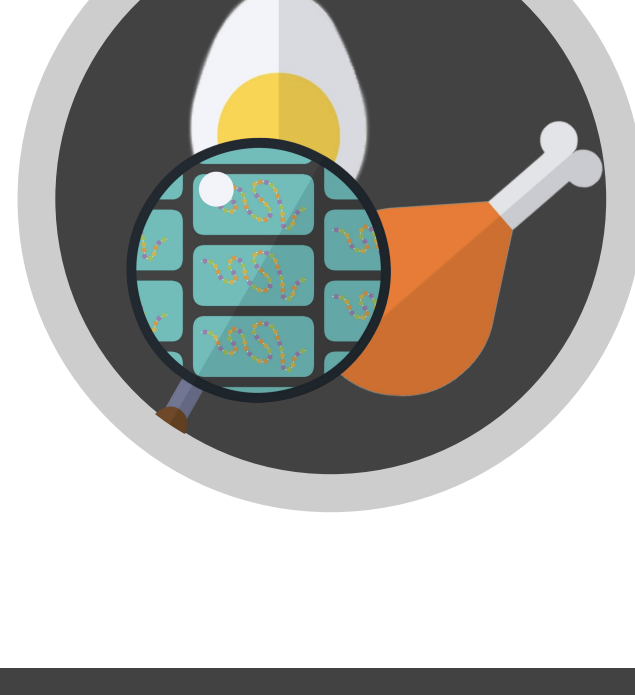




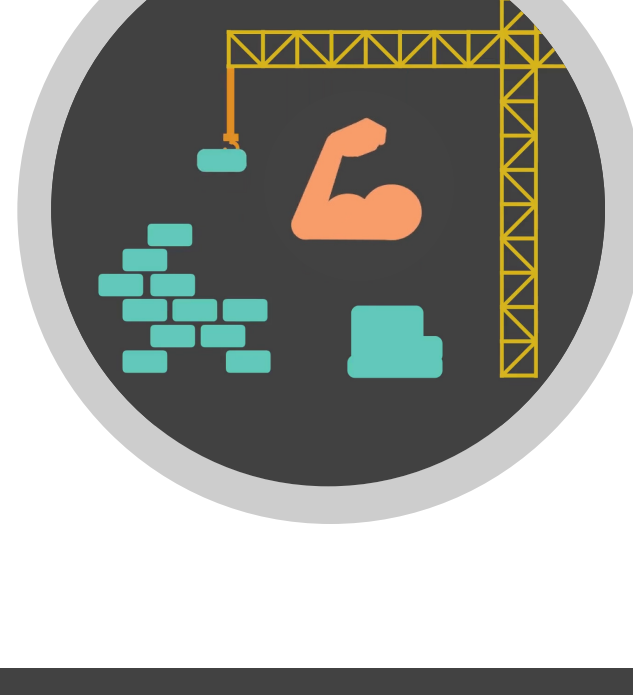
## Helping Protein Perform

### Consuming Protein Helps Build and Maintain Muscle Mass

1-2% of your muscle mass is rebuilt every day



Protein contains amino acids

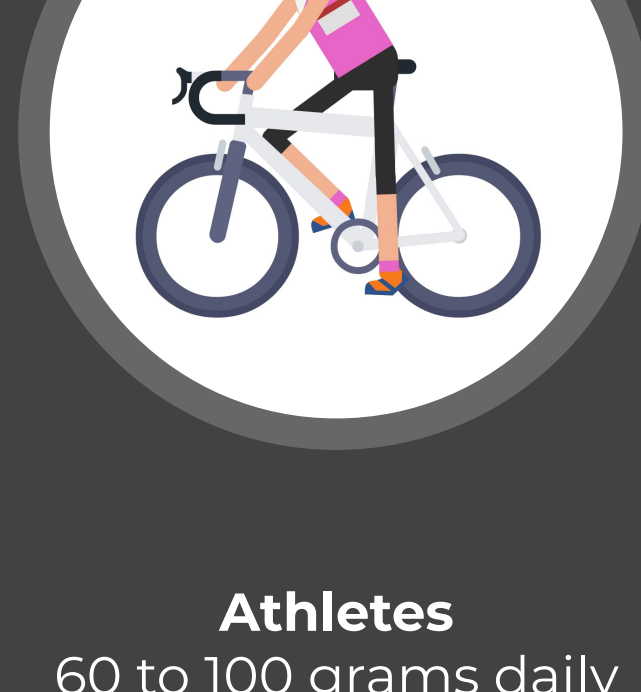


Amino acids are the building blocks for muscle synthesis

### Recommended daily protein intake



**Sedentary Adults**  
46 to 56 grams daily  
0.8 to 0.9/kg/day



**Athletes**  
60 to 100 grams daily  
1.2 to 1.7/kg/day



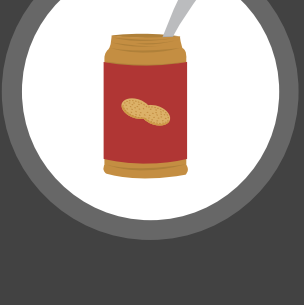
**Chicken**  
(3oz): 28g



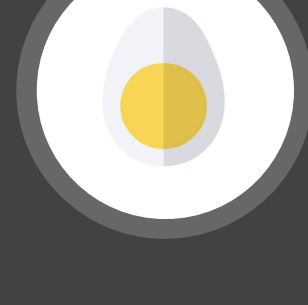
**Salmon**  
(3oz): 22g



**Greek yogurt**  
(6oz): 18g



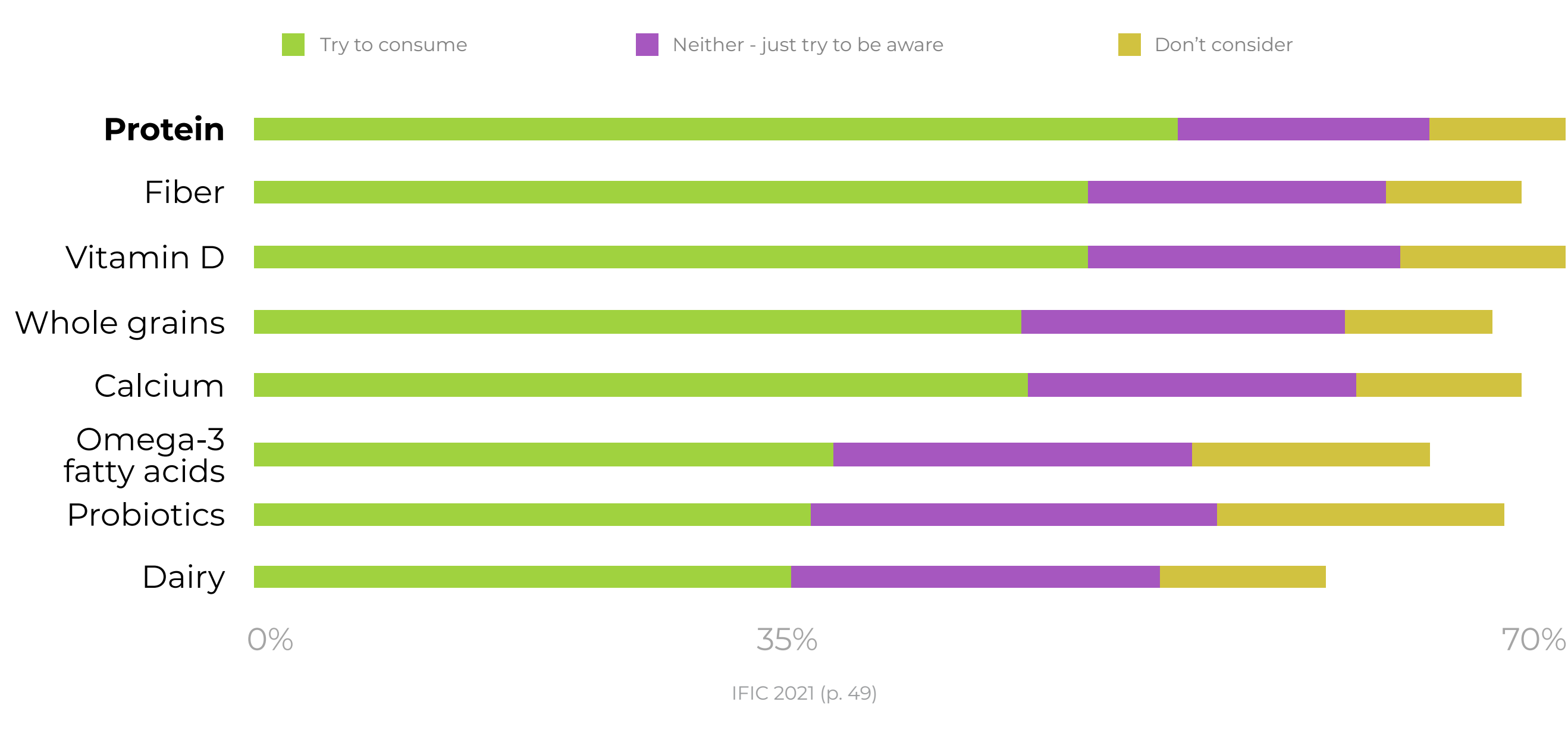
**Peanut butter**  
(1 T): 7g



**Egg**  
(1 large): 6g

Adults should get 10 to 35% of their daily calories from protein

### Nutrients people are trying to consume



### More protein doesn't equal healthier muscles

Your age and the quality of the protein you eat can affect your body's ability to utilize amino acids for protein synthesis.

#### Not all protein sources are created equal



Complete proteins contain all the amino acids our body needs

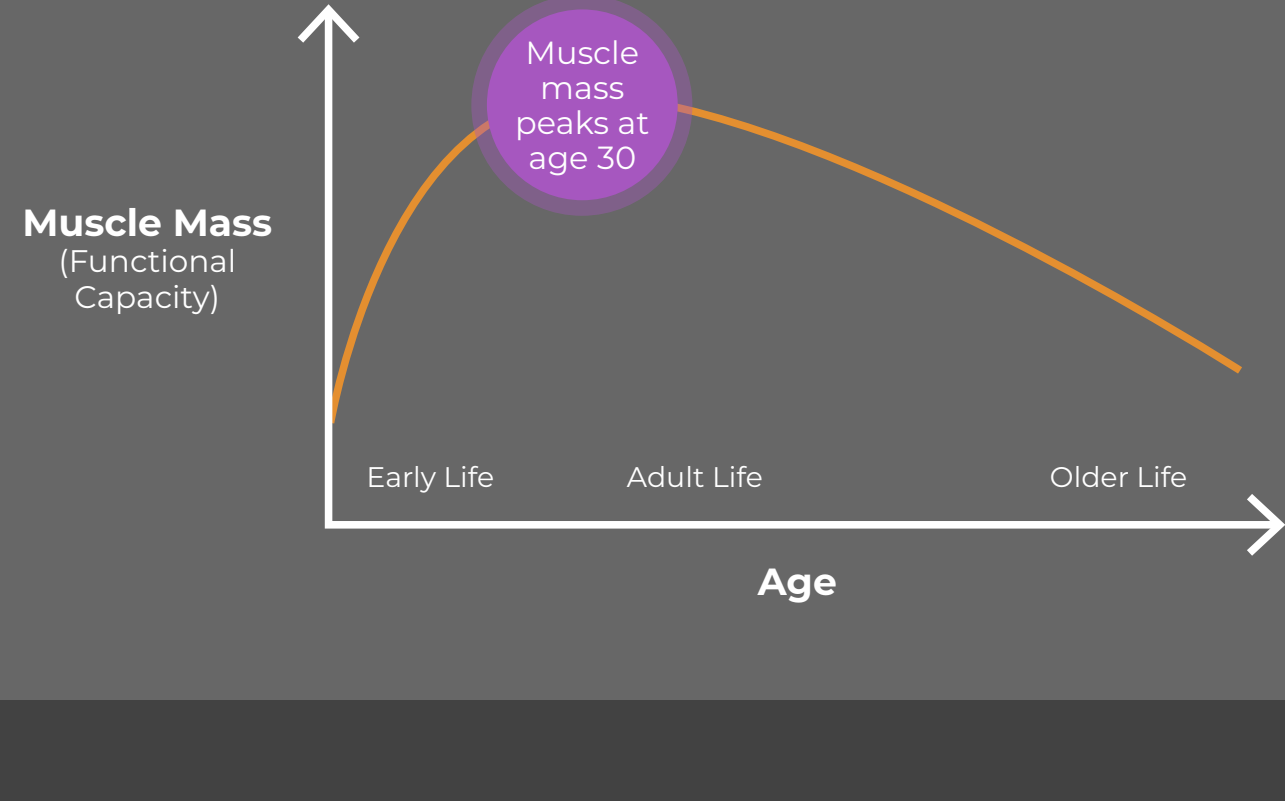


Incomplete proteins lack one or more essential amino acids



High-quality proteins are easily digested and absorbed

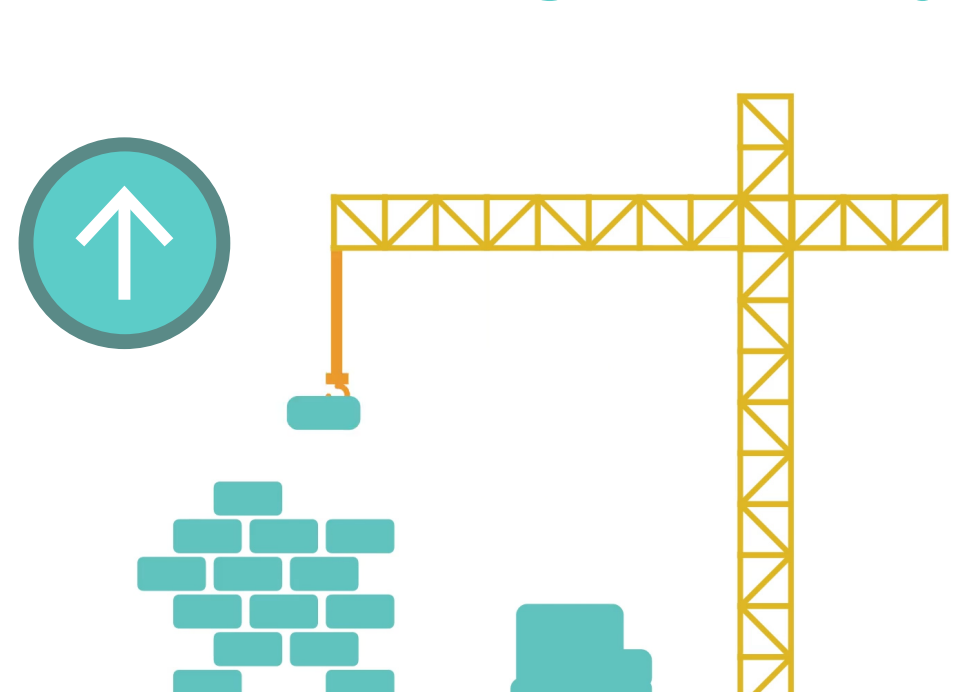
#### Your body's muscle-building ability slows as you age



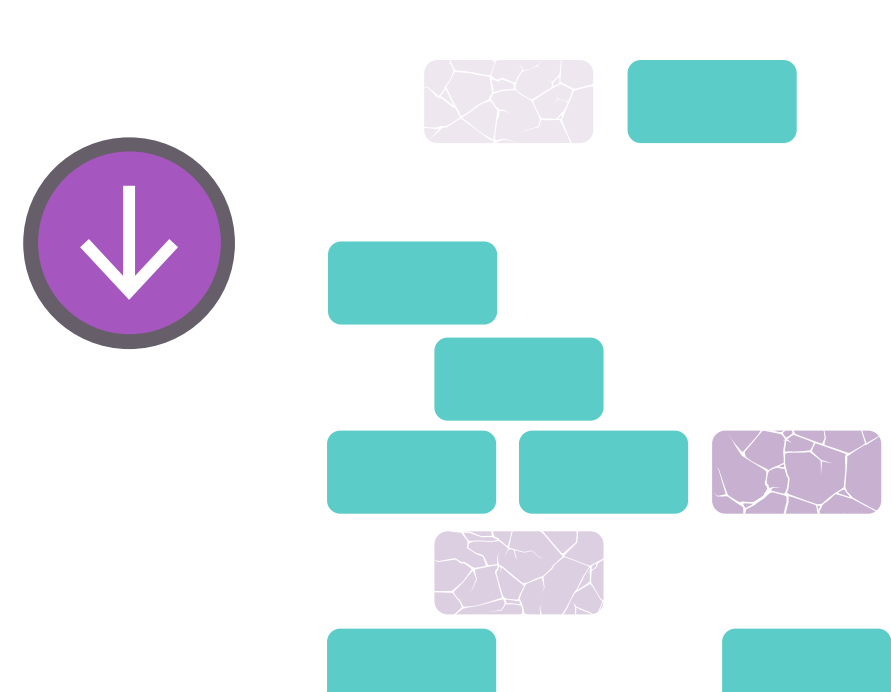
HMB helps protein perform more optimally. Supplementing daily has been clinically shown to help maintain lean muscle mass and accelerate muscle recovery.

### HMB helps you make the most of the protein you consume

#### Activates your body's muscle-building machinery



#### Reduces muscle breakdown



### 3 grams daily of HMB has been shown to improve



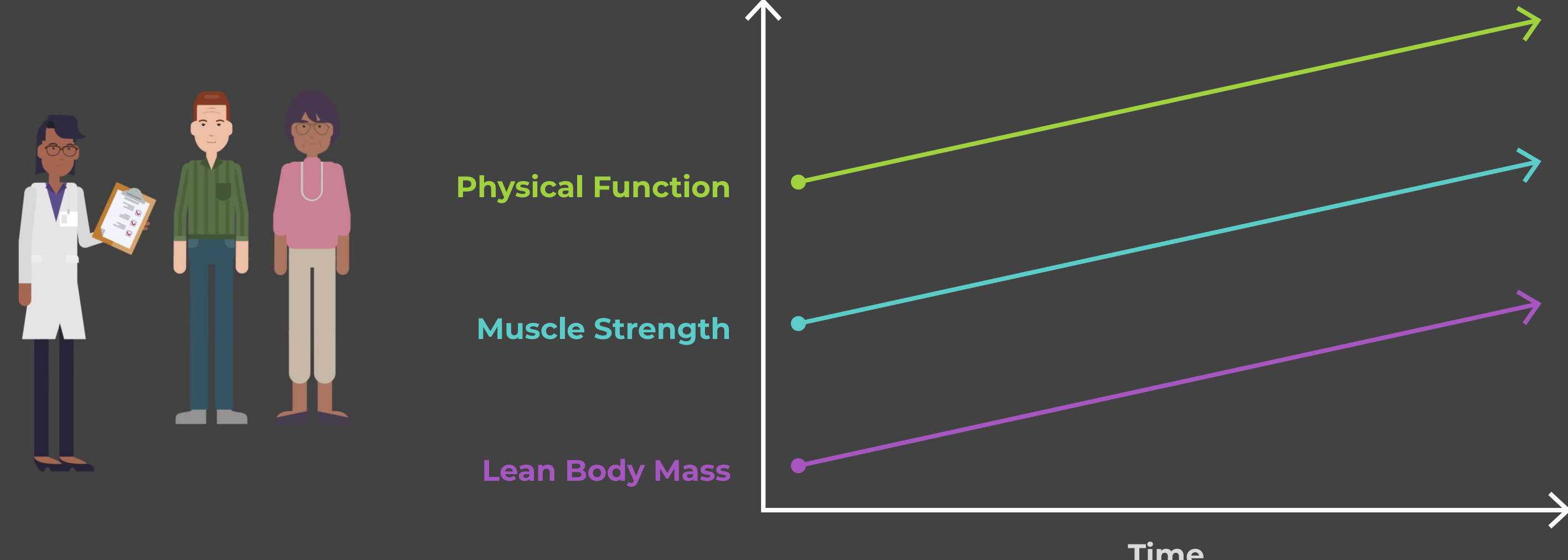
Lean body mass



Muscle strength



Physical function



### HMB is a natural muscle maximizer

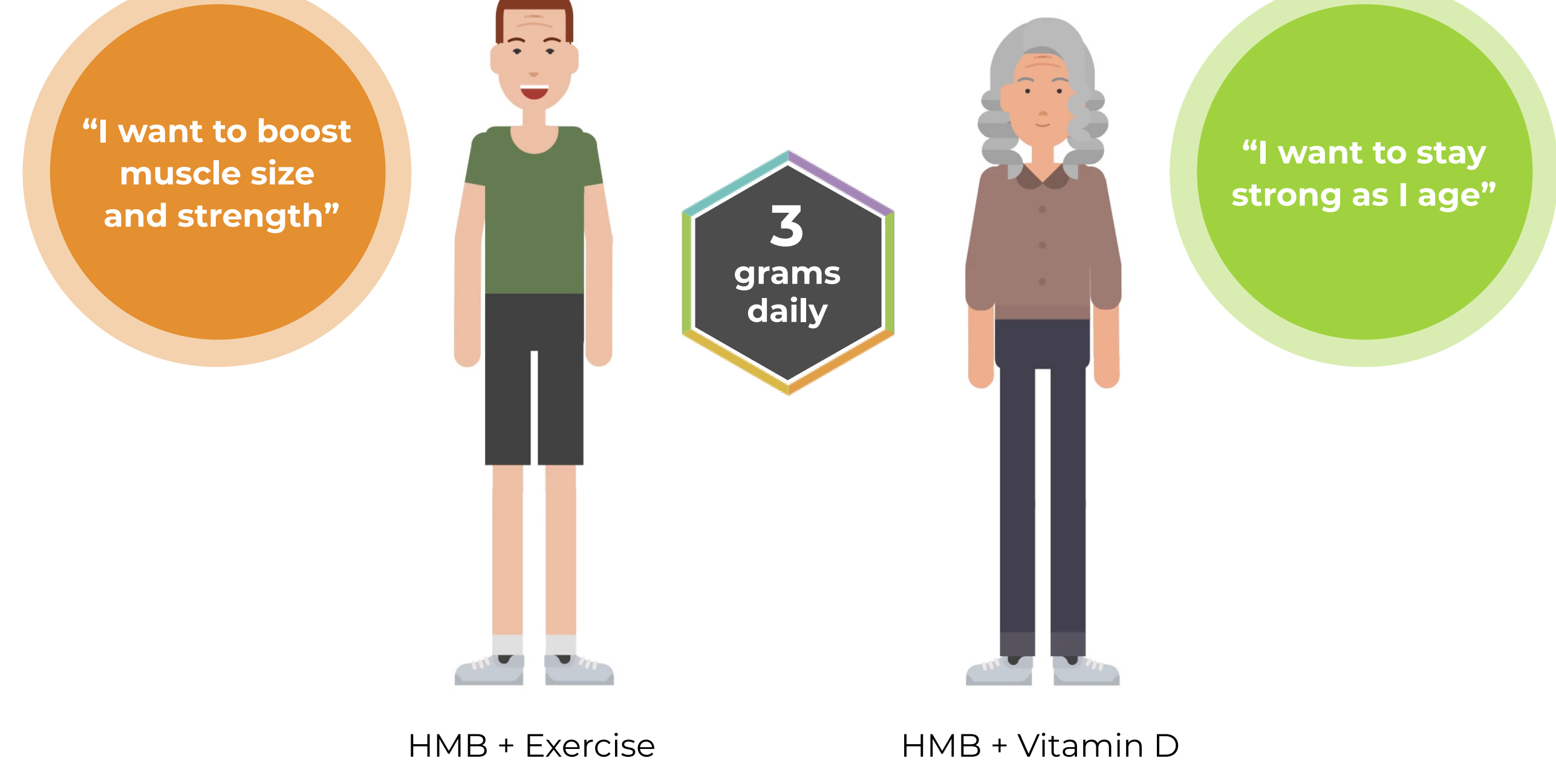


Your body produces HMB when it metabolizes the amino acid leucine



To produce 3g of HMB, you would need 60g of leucine or 600g of protein daily

### HMB is the smart and easy way to make the most of the protein you consume



Watch the video



Visit our website for suggested products:

[myhmb.com/hmb-protein](https://myhmb.com/hmb-protein)