myHMB + Vitamin D_3

A dynamic duo for aging adults

NIH-funded study shows HMB and Vitamin D_3 improves muscle function in older adults, even without exercise

Grant Supported by: NIH National Institutes of Health

Mind your Muscles

Conditions affecting adults, age 80

Low muscle mass

Osteoporosis

Cognitive impairment

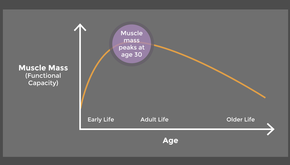
Muscle loss leads to everyday difficulties

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 D_3

Placebo

HMB + Vitamin D_3 & Exercise

Placebo & Exercise

Researchers found HMB and Vitamin D_3 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 D_3 helped people feel more energetic

High-activation emotions increased

Participants reporting feeling active, astonished and stimulated

Functional reserve increased

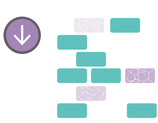
This decreases the perceived effort to carry out activities

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

Watch the video

Sources

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