

Wellness Code™ Muscle Strength & Restore Formula

Sustains muscle health and growth

Item #02221 • Net Wt. 94.2 g (3.32 oz.)

Muscle tissue structure declines as we age — taking strength, mobility, and overall health with it. Fight back with a healthy lifestyle, regular resistance training, and Wellness Code™ Muscle Strength & Restore Formula from Life Extension®.

This formula combines β -hydroxy β -methylbutyrate (HMB) with vitamin D3. HMB is a bioactive metabolite of the branched-chain amino acid leucine, which has been shown to help maintain muscle mass and support muscle growth — especially for those over age 65.^{1,2} And vitamin D3 has well-documented benefits for muscle health and healthy bone density.^{3,4}

Our Strength & Restore Formula will help you maintain muscle mass and support healthy, sustained muscle function at any age. Take this convenient, unflavored powder with any of our protein shake mixes or the beverage of your choice. For best results, combine with a regular resistance exercise program. Try it today!

References

1. *J Appl Physiol* (1985). 1996 Nov;81(5):2095-104.
2. *Eur J Nutr*. 2015 Aug;54(5):783-91.
3. *J Biol Chem*. 2016 Jan 15;291(3):1514-28.
4. *Endocr Rev*. 2013 Feb;34(1):33-83.



One (1) scoop (approx. 3.14 g) contains:

Vitamin D3 (as cholecalciferol) 1,000 IU
Calcium (from MyHMB® Calcium β -Hydroxy β -Methylbutyrate Monohydrate) 360 mg
HMB (MyHMB® Calcium β -Hydroxy β -Methylbutyrate Monohydrate) 3,000 mg
Other ingredients: sodium citrate, maltodextrin, flavor, stevia extract, starch.

Dosage and use:

- Mix one (1) scoop with approximately 8 oz. cold water or beverage of choice in a shaker cup or blender (preferably with your protein shake). Drink one shake daily, or as recommended by a healthcare practitioner.

Uses of CaHMB and Vitamin D are licensed under U.S. Patent Nos. 8,815,280, 9,259,430, 9,539,224 and 9,707,241.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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