

# S U P P L E M E N T F A C T S

## MUSCLE STRENGTH™



### Supplement Facts

Serving Size: 3 caplets  
Servings Per Container: 20

	Amt Per Serving	%DV
Calories	10	
Total Carbohydrate	<1g	<1%†
Dietary Fiber	<1g	2%†
Calcium (Calcium hydrogen phosphate dihydrate, Calcium β-Hydroxy-β-methylbutyrate monohydrate)	555mg	43%
Sodium	35mg	2%
Calcium β-Hydroxy-β-methylbutyrate monohydrate (Calcium HMB)	2,000mg	**
Suma extract (root— <i>Puffia paniculata</i> )	200mg	**
Green tea extract (leaf— <i>Camellia sinensis</i> )	120mg	**
Ashwagandha extract (root— <i>Withania somnifera</i> )	100mg	**
Maca root ( <i>Lepidium meyenii</i> )	50mg	**

†Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value (DV) not established.

**OTHER INGREDIENTS:** DICALCIUM PHOSPHATE, CROSCARMELOSE SODIUM, MICROCRYSTALLINE CELLULOSE, STEARIC ACID, MAGNESIUM STEARATE, SILICA, COATING (HYDROXYPROPYL METHYLCELLULOSE, MALTODEXTRIN, POLYETHYLENE GLYCOL).

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**FOR MORE INFORMATION VISIT [ADVOCARE.COM](http://ADVOCARE.COM)**

#### **DIRECTIONS FOR USE:**

TAKE 3 CAPLETS WITH AT LEAST 8 OUNCES OF WATER ON AN EMPTY STOMACH 60 MINUTES BEFORE EXERCISE.

**STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.**

**CAUTION:** CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT. THIS PRODUCT IS NOT INTENDED FOR PREGNANT OR NURSING WOMEN OR FOR THOSE UNDER 18 YEARS OF AGE.

**KEEP OUT OF REACH OF CHILDREN.**

USE OF THE TRADEMARK MYHMB IS LICENSED FROM METABOLIC TECHNOLOGIES 

This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.