



Facts About HMB

What is HMB?

It is beta-hydroxy beta-methyl butyrate, a metabolite of the amino acid leucine. In other words, our bodies make about ½ gram of HMB from leucine every day.

Is HMB found in food?

Yes. HMB is in catfish, grapefruit, alfalfa, avocado, asparagus, cauliflower, and meat. For example, approximately 16 ounces of meat contain three grams of HMB.

What exactly does it do?

Exactly what HMB does or how it works is not known. Scientists think it helps prevent muscle breakdown and is involved in fat metabolism. People who sell HMB say the potential benefits are increased lean muscle mass, decreased body fat, increased strength, decreased muscle soreness, stronger immune system, more rapid muscle recovery/repair, and enhanced endurance.

Does it work?

Originally used by a veterinarian to enhance weight gain in livestock, HMB can hasten lean tissue gain in cattle, sheep, and poultry. The research on humans is less conclusive. Some athletes say it works. Others don't notice a difference. The handful of studies on HMB in humans shows that in one study on trained men consuming 3 grams of HMB per day for four weeks, the supplemented group increased lean mass by 3%, decreased fat mass by 7% and increased bench press by 10 kg compared to the placebo group which increased lean mass 2%, decreased fat mass 2% and increased bench press by 6.5 kg. There is no guarantee that HMB is effective in all individuals.

If I'm going to benefit from HMB, how long does it take to see the effects?

HMB doesn't give immediate results. Subjects in the studies showing benefits from HMB were on HMB for two to seven weeks.

Does HMB work for women?

It's too soon to say whether HMB works for women in general. And we certainly don't

know whether HMB is effective for female athletes. Only one study on young adult females has been reported. This four-week study showed positive effects on lean body tissue and strength in female non-athletes consuming 3 grams of HMB compared to the group not getting HMB. All women in the study were lifting weights three times per week. The women who were consuming HMB gained one more pound of lean tissue and bench pressed 7% more weight than women who were consuming the placebo.

*Taken from:
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