



## DOSAGE GUIDELINE CHART

### HMB ( $\beta$ -hydroxy $\beta$ -methylbutyrate) LOADING AND MAINTENANCE DOSAGE GUIDELINES

LEAN MASS		MALE		FEMALE	
LBS	KG	LOADING	MAINTENANCE	LOADING	MAINTENANCE
80	36	3600 mg	1440 mg	3060 mg	1224 mg
90	41	4100 mg	1640 mg	3485 mg	1394 mg
100	45	4500 mg	1800 mg	3825 mg	1530 mg
110	50	5000 mg	2000 mg	4250 mg	1700 mg
120	55	5500 mg	2200 mg	4675 mg	1870 mg
130	59	5900 mg	2360 mg	5015 mg	2006 mg
140	64	6400 mg	2560 mg	5440 mg	2176 mg
150	68	6800 mg	2720 mg	5780 mg	2312 mg
160	73	7300 mg	2920 mg	6205 mg	2482 mg
170	77	7700 mg	3080 mg	6545 mg	2618 mg
180	82	8200 mg	3280 mg	6970 mg	2788 mg
190	86	8600 mg	3440 mg	7310 mg	2924 mg
200	91	9100 mg	3640 mg	7735 mg	3094 mg
210	95	9500 mg	3800 mg	8075 mg	3230 mg
220	100	10000 mg	4000 mg	8500 mg	3400 mg

Loading phase is optional (ten days)

For best results, divide recommended daily total into several individual servings (2-4) such as pre-workout, post-workout, afternoon and evening

40 mg / kg / Lm (M) • 34 mg / kg / Lm (F)