



# Building Muscle Mass, Performance and Health with HMB

*Richard A. Passwater*

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**Building Muscle Mass, Performance and Health with HMB** Richard A. Passwater

HMB is a natural substance that is a legitimate and safe athletic aid, whose muscle-building powers are comparable to the illegal and dangerous steroids. This guide examines the benefits, uses, and dosages of HMB, and offers an account of the scientific quest that led to its discovery.

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