



HMB12 PROTOCOL

To regain energy and vitality

Recommended for:

People who tire easily, who are losing muscle tone and mass, or who need to recover physically.

When is it recommended?

From a certain age onwards, the decline in muscle mass and tone begins to cause a loss of physical strength; but unbalanced diets, intense physical activity or convalescence can also lead to physical fatigue that makes even the most mundane activities seem like mountains to climb.

There are many types of fatigue, but here we are talking about physical fatigue, weakness and loss of muscle tone. We have created a protocol for you that combines a high intake of essential amino acids and HMB with vitamin B12. A high-energy mix.

YOUR DAILY PROTOCOL

We recommend two-month cycles.

Principium **Aminasten HMB400**



Complex of 9 essential amino acids and hydroxymethylbutyrate to stimulate protein synthesis

**1 sachet per day,
between meals**

Principium **B12 1000 Sublinguale**



To reduce tiredness and fatigue

**1 tablet per day to be dissolved
under the tongue**

In cases of severe weakness, or for post-operative recovery and convalescence, take 2 sachets of Aminasten HMB 400 per day for the first month.

Visit our store locator on the **principiumlife.com** website, enter your city and find the store nearest you.



Suitable for
vegans



Gluten
free



Lactose
free