Inclusion criteria - you must meet these criteria to participate in the study.	
Inclusion criteria	**What does this mean?**
Cirrhosis diagnosed by any of the following: • Clinical features of cirrhosis as determined by an experienced clinician; • Radiological features on ultrasound or cross-sectional imaging; • Histological evidence of cirrhosis; • Fibrosis assessment by transient elastography with stiffness > 15 kPa.	You have cirrhosis (scarring) of the liver that has been confirmed by any of the following: • An experienced doctor has given a diagnosis based on clinical symptoms. • Imaging tests, such as ultrasound or CT scan, have shown cirrhosis. • A liver biopsy has confirmed cirrhosis when examined under a microscope. • A special test called transient elastography that uses ultrasound has shown stiffness in the liver.
Advanced cirrhosis defined as Child Pugh score of 7 or more (based on laboratory values and clinical assessment within the previous 3 months).	You have advanced liver cirrhosis; this is confirmed by a clinician looking at blood test results and your symptoms to calculate the 'Child-Pugh score'. This score shows the seriousness of liver disease. To take part in this study, the 'Child-Pugh score' should be 7, or higher.
Evidence of portal hypertension within the previous 6 months defined by • Presence of ascites; • Presence of oesophageal or gastric varices; • Splenomegaly > 13cm in maximum diameter; • Episode of hepatic encephalopathy.	There have been signs of increased pressure in your liver's blood vessels (portal hypertension) within the last 6 months. This has been shown by: • A buildup of fluid in the abdomen • Swollen veins in the food pipe (oesophagus) or stomach • An enlarged spleen

	• An occurrence of confusion or changes to how the brain is functioning (e.g. memory problems).
Ability to provide informed consent to participate.	You are willing and able to provide consent for yourself to take part in this study. This will involve signing a consent form.
Participant is ≥ 18 years and ≤ 85 years of age.	You are aged between 18 and 85 years
Willing and able to attend study appointments.	This study involves 3-4 appointments over 3 months. You should be able to commit to attending these appointments in order to participate.

Exclusion criteria - if you meet any of these criteria, you will not be able to participate in the study	
Exclusion criteria	**What does this mean?**
Advanced hepatocellular carcinoma.	You have advanced liver cancer
The consumption of HMB, or products containing HMB, within the previous 4 weeks.	You have used a HMB dietary supplement, or any products containing HMB, in the last 4 weeks.
Inability to complete the Liver Frailty index.	You are unable to complete the 'Liver Frailty Index' test. This involves squeezing a device that measures hand strength, standing up and sitting down from a chair several times in a row and checking your balance whilst your feet are in different positions on the floor.
Liver transplant recipient or on the liver transplant waiting list.	You have had a liver transplant or are on the liver transplant waiting list.

Participant in any other interventional trial within previous 4 weeks	You have taken part in a research study that involved receiving some sort of new treatment, procedure or support in the last 4 weeks.
History of hypersensitivity reactions or allergy to exogenous HMB supplements or any of its excipients.	You have a history of hypersensitivity (allergic) reactions or allergy to HMB supplements or any of their ingredients.