

Betancourt Nutrition proudly introduces the new PHOSFLEX™ Creatine for athletes at the highest level of competition. Your muscles are not the only thing undergoing immense pressure when you're at the gym; your connective tissues must also bear the load as you tear through every set. Most products only focus on boosting performance or increasing muscle mass...but how many times have your ailing joints held you back at the gym? Whether you're a beginner or advanced, new PHOSFLEX™ is the only creatine formula designed by the physiologists at Betancourt Nutrition to simultaneously provide muscle glycogen replenishment, joint support, and unmatched increases in strength and muscle mass.* Only PHOSFLEX™ CONTAINS:

• **3-Energy Creatine Complex:** 5,000mg of Creatine Monohydrate is the most studied and proven form of creatine. It supports ATP re-synthesis by increasing muscle levels of phosphocreatine. The addition of di-creatine malate and creatine alpha-ketoglutarate to PHOSFLEX™ takes ATP re-synthesis to another level - three levels, in fact. While creatine increases muscle phosphocreatine levels, malate and alpha-ketoglutarate support the function of the tricarboxylic acid (TCA) cycle, a metabolic pathway involved in the re-synthesis of ATP.†

• **Glucose Polymers:** GPs are possibly the fastest-acting, purest way to deliver glucose to your body.† They can be digested and absorbed very quickly, making them ideal for fast recovery of glycogen levels post-workout.

• **Leucine Nitrate™:** The branched-chain amino acid (BCAA) leucine turns on "switches" inside your muscle cells that allow rates of muscle protein synthesis to increase after resistance exercise.† The nitrate attached to leucine can be converted into nitric oxide (NO), a potent vasodilator and regulator of muscle blood flow.

• **Banaba Leaf Powder Extract:** Banaba (*Lagerstroemia speciosa*) contains corosolic acid (CA), a pentacyclic triterpene that supports glucose levels in the healthy range. Though its mechanism of action is unclear, studies suggest that it can increase glucose uptake in muscle cells, thereby supporting recovery.†

• **(1,3)(1,6) Beta-D-Glucan Powder:** BDG is a naturally-occurring insoluble carbohydrate. Animal studies suggest that BDG is a potent immune system modulator that may reduce inflammation, a common symptom of heavy training. BDG has even been shown to have anabolic (building) effects on bone.†

• **Glycerol Monostearate:** Inside the body, GM releases glycerol. Glycerol is hydroscopic, which means that it draws water around itself. When glycerol accumulates inside muscle and joint tissues, it hydrates and volumizes them, which provides hydraulic support.

• **L-Tyrosine:** Tyrosine is a precursor to neurotransmitters involved in the regulation of mood. Supplementation with tyrosine appears to be most helpful under conditions of mental stress.

• **Potassium Bicarbonate:** PB supplies the essential electrolyte potassium and helps buffer acid produced in muscle during high-intensity exercise.†



KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL DRY PLACE.
Formulated, tested and certified exclusively by Betancourt Nutrition, Inc.,
14620 NW 60th Ave., Miami Lakes, FL 33014
Toll-free: 800-443-4153 • Phone: 305-593-9296 • Fax: 202-449-8275
www.betancourtnutrition.com



† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

VOLUME
CELLULAR EXPANSION!



INSULIN
ANABOLIC STORAGE!

PHOSFLEX™
CREATINE

**Strength,
Muscularity,
& Joint Support†**

**1,3-1,6-Beta-D-Glucan
For Stronger Bones†**

SUPPORT CREATINE & GLUCOSE LEVELS - ZERO LOADING!†

PRO GRADE

- 5000mg Creatine†
- Increase Glut-4 Translocation for Carbohydrate Use†
- 2000mg Chondroitin Sulfate & Glucosamine HCL†
- L-Leucine Nitrate™

SUGAR FREE
Fruit Punch

POWDER
DIETARY SUPPLEMENT

Net wt. ~ 2.5lbs
(1125 grams)

SUPPLEMENT FACTS

Daily Serving Size: 1 scoop (approx. 45 g) Servings Per Container: 25

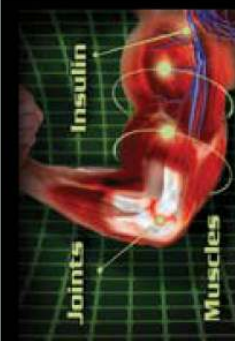
	Amount Per Serving	% Daily Value
Calories	200	10%
Calories from Fat	45	
Total Fat	5g	8%
Saturated Fat	0g	0%
Cholesterol	0g	0%
Sodium	0g	0%
Total Carbohydrate	30g	8%
Sugar	0g	
Protein	0g	0%
Phosflex Blend	45,000mg	*
Insulin Support Complex		
Glucose Polymers, Waxy Maize, L-Leucine Nitrate™, Banaba Extract (std. to 1% corosolic acid)(<i>Lagerstroemia speciosa</i>) (leaf).		
Bicarbonate and Muscle Volumizing Complex		
Glycerol Monostearate, L-Tyrosine, Potassium Bicarbonate		
3-Energy Creatine Complex		
Creatine Monohydrate, Di-Creatine Malate, L-Creatine AKG (Alpha-Ketoglutarate)		
Joint Support Complex		
Glucosamine HCl, Chondroitin Sulfate, (1,3)-(1,6)-B-D-Glucan		

* Daily Value not established

Other Ingredients: Natural and artificial flavors (may contain raspberry, watermelon, or fruit punch), citric acid, silica, artificial colors (may contain FD & C red #40, and FD & C blue #1).

Contains: Shellfish (Shrimp, Crab)

WARNING: Seek the advice of a health care practitioner before use. Not suggested for use by children under the age of 18 or in people who have been diagnosed with hypertension, kidney disease, liver disease, metabolic syndrome, diabetes, neoplastic condition such as cancer or thalassemia. Do not use if pregnant or nursing.



JOINTS: Joint Support Complex
MUSCLE: 3-Energy Creatine Complex
INSULIN: Insulin Fuel Support Complex

Recommended Usage:

Phosflex™ is the World's First Flexible Creatine Drink Mix™ which features a Joint Support, Muscle Volumizing Complex, and a 3-Energy Creatine Complex. The 3-Energy Creatine Complex is made up of Creatine Monohydrate, Di-Creatine Malate, and L-Creatine AKG (Alpha-Ketoglutarate). Di-Creatine Malate which is responsible for minimizing water retention and increasing energy production from the powerhouse centers of your muscle cells (the mitochondria). However, to maintain elevated creatine levels, Phosflex™ can be stacked with Creatine Micro Chews™ on non-training days. If you choose to take creatine daily, continue for 6 weeks before discontinuing use for 2 weeks and then repeating. Continuous cycling of Phosflex™ is recommended to enhance recovery, strength, maximize glycogen levels, and promote joint health.

For regular use, mix 1 scoop (45g) mixed with 8 oz. of water or more based on your desired preference for consistency. Consume pre, during, or post-workout on training days; Phosflex™ can be consumed 30 minutes prior to exercise when combined with Recelerator™ for non-stimulant performance enhancement. Phosflex™ can also be taken within 1 hour post-exercise to restore glycogen levels when combined with Andros™ (pre-workout), and Recelerator™ (post-workout) for maximum gains in performance, size, and recovery.†