

**PRE & POST
WORKOUT**

**FOR MAXIMUM RESULTS, TAKE SIX (6) CAPSULES
WITH JUICE DAILY.**

MET-Rx® CREATINE 4200

MET-Rx® Creatine Capsules are a key, foundational supplement for athletes, bodybuilders and anyone who is looking to get the most out of every workout.* Adding the recommended amount of creatine to your daily regimen will help support your muscle strength, power and recovery from high-intensity exercise.* Creatine also enhances the ability to produce higher muscular force, especially during short bouts of maximal exercise.* This can result in increased reps during lifting!*

MET-Rx® Creatine Capsules are made up of creatine monohydrate, which helps promote exercise performance, helps promote athletic performance and helps increase strength and power.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

Directions: For adults, take six (6) capsules daily with juice or other glucose-containing liquid. Take this product with an adequate fluid intake. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you have kidney disease. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

Laboratory tested to meet strict quality control standards for potency, purity and disintegration.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

MET-Rx®

CREATINE 4200

- » **BOOSTS MUSCLE STRENGTH GAINS***
- » **ACCELERATES POWER AND RECOVERY FROM EXERCISE***
- » **HELPS INCREASE STRENGTH AND POWER***

**120 RAPID RELEASE
CAPSULES**

PERFORMANCE*

Supplement Facts

Serving Size 6 Capsules
Servings Per Container 20

Amount Per Serving	%Daily Value
HPLC Pure Creatine Monohydrate	4,200 mg (4.2 g) **

**Daily Value not established.

Other Ingredients: Gelatin. **Contains <2% of:** Silica, Vegetable Magnesium Stearate.

MET-Rx®
Shaping Every Body.®

Manufactured in the USA by
MET-Rx Nutrition, Inc.
Boca Raton, FL 33487
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Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com

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DIETARY SUPPLEMENT