MET-RX® ADVANCED CREATINE BLAST

MET-RX® ADVANCED CREATINE BLAST IS OUR MOST ADVANCED CREATINE FORMULA TO DATE! WITH A COMBINATION OF PROPRIETARY FORMULATIONS THAT SUPPORT INCREASED CREATINE DELIVERY AND IMPROVED CELL VOLUMIZATION, MET-RX® ADVANCED CREATINE BLAST DELIVERS INSANE TASTE AND RESULTS.*

MET-Rx® Advanced Creatine Blast contains THREE Advanced Blends!

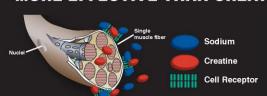
TRI-PHASE PUMP COMPLEX for muscle size and strength support.*

BCAA NITRO BLEND contains all three essential Branched Chain Amino Acids plus Taurine to support nitrogen levels.*

XTREME NOS BLEND featuring L-Arginine.

Each scientifically-formulated serving of MET-Rx® Advanced Creatine Blast is also loaded with fast digesting carbohydrates and electrolytes. Carbohydrates help induce an insulin response that improves Creatine transport into the muscle - so you can maximize creatine stores for improved strength and recovery.* Sodium, an electrolyte, may also improve Creatine uptake through its interaction with creatine transporters - opening the "gateway" for Creatine movement into muscle.*

MORE EFFECTIVE THAN CREATINE ALONE*



All this can result in:

- Increased Creatine
 delivery*
- Improved cell volumization*
- Muscle size and strength support*

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

*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.

PERFORMANCE'

MET-RX°

GENERAL BUILDER STANDARD BLAST



- >> SUPPORTS MUSCLE SIZE AND STRENGTH SUPPORT*
- >> RELEASES INSULIN TO BOOST CREATINE UPTAKE*
- >> CONTAINS FAST-DIGESTING CARBOHYDRATES AND ELECTROLYTES



GRAPE

Natural and Artificial Flavors

DIETARY SUPPLEMENT

NET. WT. 3.17 lbs. (50.79 oz.) (1,440 q)

Supplement Facts

Serving Size 1 Scoop (48 g)

Amount Per Serving	%Dail	ly Value
Calories	150	
Total Carbohydrate	34 g	11%**
Sugars	33 g	***
Phosphorus (as Magnesium Phosphal Sodium Phosphate, Potassium Phos		19%
Magnesium	68 mg	17%
Chromium (as Chromium Picolinate)	211 mcg	176%
Sodium	95 mg	4%
Potassium	80 mg	2%
Creatine Monohydrate Creatine Ethyl Ester Creatine Ester Phosphate		
BCAA Nitro Blend Taurine Leucine Isoleucine Valine N-Acetyl Cysteine	2,063 mg (2 g	***
Xtreme NOS Blend L-Arginine L-Arginine Alpha Keto Glutarate	1,027 mg (1 g) ***
Stevia Extract (Stevia rebaudiana) (lea	f) 68 mg	**1
Percent Daily Values are based on a 2,000 *Daily Value not established	calorie diet.	

Other Ingredients: Dextrose, Citric Acid, Enocianina Powder (color), Natural and Artificial Flavors.

MET-RX® Shaping Every Body:

Manufactured in the USA by MET-Rx Nutrition, in Boca Raton, FL 33487 ©2012 Questions? Call toll free 1-800-55-MET-Rx Directions:

Workout Days - For adults, mix one (1) scoop (48 g) with 6-8 fluid ounces of cold water or juice and consume before your workout. Individuals weighing more than 125 lbs should consume another scoop immediately after your workout.

Non-Workout Days - Mix one (1) scoop (48 g) with 6-8 fluid ounces of cold water or juice with breakfast

Creatine should be consumed within 10 minutes after mixing. Take this product with an adequate fluid intake. Consult your health care providers before beginning any diet or exercise program. As a reminder, discuss the supplements and medications you take with your health care providers.

FREE OF: yeast, wheat, milk or milk derivatives,

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.

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

Contents are sold by weight. Some settling may



