

FOR BEST RESULTS, CONSUME (1) SCOOP WITH 6-8 FLUID OUNCES OF COLD WATER BEFORE YOUR WORKOUT.

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.*

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.*

A diagram of a single muscle fiber, which is a long, cylindrical cell. The fiber is shown in cross-section, revealing its internal structure. The cell membrane is labeled 'Sarcolemma'. Inside the fiber, there are numerous red, oval-shaped mitochondria. The fiber is surrounded by a network of blue and red structures, representing the blood supply and the sarcoplasmic reticulum. Labels include 'Nuclei' pointing to the blue, oval-shaped structures on the periphery, and 'Single muscle fiber' pointing to the entire cell.

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 caloric intake.

*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.

MET-Rx®

ADVANCED
CREATINE
» **BLAST**

» SPEEDS RECOVERY FROM TRAINING*

» SUPPORTS MUSCLE SIZE AND STRENGTH SUPPORT*

» **RELEASES INSULIN TO BOOST CREATINE UPTAKE***

» **CONTAINS FAST-DIGESTING CARBOHYDRATES AND ELECTROLYTES**

GRAPE

Natural and Artificial Flavors

PERFORMANCE*

Supplement Facts

Serving Size 1 Scoop (48 g)
Servings Per Container about 30

Amount Per Serving	%Daily Value
Calories	150
Total Carbohydrate	34 g 11% **
Sugars	33 g ***
Phosphorus (as Magnesium Phosphate, 186 mg Sodium Phosphate, Potassium Phosphate)	19%
Magnesium	68 mg 17%
Chromium (as Chromium Picolinate)	211 mcg 176%
Sodium	95 mg 4%
Potassium	80 mg 2%
Tri-Phase Pump Complex	6,122 mg (6.12 g) ***
Creatine Monohydrate	
Creatine Ethyl Ester	
Creatine Ester Phosphate	
BCAA Nitro Blend	2,063 mg (2 g) ***
Taurine	
Leucine	
Isoleucine	
Valine	
N-Acetyl Cysteine	
Xtreme NOS Blend	1,027 mg (1 g) ***
L-Arginine	
L-Arginine Alpha Keto Glutarate	
Stevia Extract (<i>Stevia rebaudiana</i>) (leaf)	68 mg ***

***Daily Value not established

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, Inc.
Boca Raton, FL 33487

Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com

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, lactose, soy.

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
OR MISSING.

Contents are sold by weight. Some settling may occur.

