

**POST-
WORKOUT**

**FOR MAXIMUM BENEFIT, TAKE 1 CAPSULE PER
100 LBS. OF BODY WEIGHT IMMEDIATELY
FOLLOWING YOUR WORKOUT. ON NON-TRAINING DAYS, TAKE
YOUR DAILY SERVING WITH YOUR LARGEST MEAL. IT IS NOT
NECESSARY TO LOAD WHILE TAKING MET-RX QUIK-CRETE™.**

MET-Rx® Quik-Crete™

With Crea-Crete™

Quik-Crete™ is a next generation formula featuring
Crea-Crete™ (creatine hydrochloride). This concentrated
formula contains under 1 gram of creatine per capsule – no
loading required!

Directions: For adults, take one (1) capsule daily,
preferably with a meal. See dosing information for
bodyweight specific instructions. 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.

PERFORMANCE

MET-Rx®

QUIK-CRETE™

- » **WITH CREA-CRETE™ -
THE NEXT GENERATION OF CREATINE**
- » **CONCENTRATED FORMULA**
- » **SMALL DOSAGE – 1 CAPSULE DELIVERS
750MG OF CREA-CRETE™**

90 CAPSULES DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Crea-Crete™ Creatine HCl	750 mg *

*Daily Value not established.

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

**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®
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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