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

# **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!

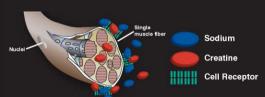
TRI-PHASE PUMP COMPLEX for muscle size and strength support.\*

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 groduct is not intended to diagnose, treat, cure or prevent any disease

# PERFORMANCE\*

# MET-RX°

# **BLAS7**

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



Natural and Artificial Flavors

DIETARY SUPPLEMENT

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

# **Supplement Facts**

vings Per Container about 30

Calories Total Carbohydrate	150		
otal Carbohydrate			
	33	g	11%**
Sugars	33	g	***
Phosphorus (as Magnesium Phosphat Sodium Phosphate, Potassium Phosp		mg	19%
//agnesium	71	mg	18%
Chromium (as Chromium Picolinate)	211	mcg	176%
Sodium	95	mg	4%
otassium	80	mg	2%
ri-Phase Pump Complex Creatine Monohydrate Creatine Ester Phosphate Creatine Ethyl Ester	6,119	mg	***
CAA Nitro Blend Taurine Leucine Isoleucine Valine N-Acetyl Cysteine	2,063	mg	***
(treme NOS Blend L-Arginine L-Arginine Alpha Keto Glutarate	1,028	mg	***
Stevia Extract (Stevia rebaudiana) (lea	f) 68	mg	***

Other Ingredients: Dextrose, Citric Acid, Natural and Artificial Flavors, FD&C Red No. 40 Lake, FD&C Red No. 40. FD&C Blue No. 1.

### Directions:

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

Ion-Workout Days -Take one (1) scoop (48 g) vith 6-8 fluid ounces of cold water or juice with

reatine should be consumed within 10 minutes fter mixing. Take this product with an adequate uid intake. Consult your health care providers efore beginning any diet or exercise program. As a eminder, discuss the supplements and medications ou take with your health care providers.

REE OF: yeast, wheat, milk or milk derivatives, ctose, preservatives, sov.

VARNING: Not intended for use by pregnant or ursing women. If you are taking any nedications or have any medical condition. onsult your doctor before use. Avoid this roduct if you have kidney disease. Discontinue se and consult your doctor if any adverse eactions occur. Not intended for use by persons nder the age of 18.

EEP OUT OF REACH OF CHILDREN. TORE AT ROOM TEMPERATURE AND

ESISTANT: DO NOT

weight. Some settling may

