

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.*

The diagram illustrates a cross-section of a muscle fiber. The cell membrane is shown as a boundary. Inside, the nucleus is labeled. A single muscle fiber is highlighted. The legend identifies the components: Sodium (blue oval), Creatine (red oval), and Cell Receptor (green vertical bars).

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

*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.

ADVANCED
CREATING
» **BLAST**

» CONTAINS FAST-DIGESTING CARBOHYDRATES AND ELECTROLYTES

LEARN MORE by scanning QR CODE with your Smart Phone >>>>>>>>>>>>>>>>>>>

NET. WT. 3.17 lbs. (50.79 oz.) (1.440 g)

PERFORMANCE*

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

Amount Per Serving	%Daily Value	
Calories	150	
Total Carbohydrate	33 g	11%*
Sugars	33 g	***
Phosphorus (as Magnesium Phosphate, 188 mg Sodium Phosphate, Potassium Phosphate)		19%
Magnesium	71 mg	18%
Chromium (as Chromium Picolinate)	211 mcg	176%
Sodium	95 mg	4%
Potassium	80 mg	2%
Tri-Phase Pump Complex Creatine Monohydrate Creatine Ester Phosphate Creatine Ethyl Ester	6,119 mg	***
BCAA Nitro Blend Taurine Leucine Isoleucine Valine N-Acetyl Cysteine	2,063 mg	***
Xtreme NOS Blend L-Arginine L-Arginine Alpha Keto Glutarate	1,028 mg	***
Stevia Extract (<i>Stevia rebaudiana</i>) (leaf)	68 mg	***

***Daily Value not established.

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

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.

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, preservatives, 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.



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