

FOCUS* - STRENGTH* - ENERGY*

WARNING: BETA-CRET™ is intended for use by healthy adults. Before using this product, consult a physician or your healthcare provider. Do not take this product if you are pregnant or nursing, taking other products or medications containing caffeine, stimulants, synephrine, phenylephrine or MAOI inhibitors. Avoid use if you have or suspect you have a medical condition including but not limited to heart, liver, kidney, thyroid, diabetes, high blood pressure, headaches or difficulty urinating. Discontinue use if you experience dizziness, rapid heartbeat or shortness of breath. Product may cause flushing or tingling. Do not exceed recommended dose. Not intended for use by persons under the age of 18. KEEP OUT OF THE REACH OF CHILDREN.

NOTE: Contents may settle during shipment, shake container before use. Moisture and humidity can cause clumping and discoloration, stir contents before each use. Store BETA-CRET™ in a cool, dry place.

¹ CON-CRET® has been repeatedly shown to have at least 59x greater aqueous solubility than creatine monohydrate when stirred for 2 minutes or less (Go to www.con-cret.com for study summary. Research on file.)

CON-CRET® is a Registered Trademark of ProMera Health LLC. BETA-CRET™ complies with cGMP.



www.promerasports.com

BETA-CRET™ will have an immediate and dramatic impact on any workout session. This is accomplished by improving functional energy, alertness, and concentration while buffering an increased presence of hydrogen ions and keeping intracellular lactic acid levels at bay. The use of BETA-CRET™ will make it possible to squeeze out extra repetitions and significantly extend the set.*

BETA-CRET™ is reinforced with CON-CRET®, clinically proven to be the WORLD'S MOST SOLUBLE form of creatine and demonstrated to be the most effective form of creatine on the planet.*¹

This synergy of ingredients makes BETA-CRET™ the industry standard for pre-workout, MICRO-DOSED, intensifiers.*

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Manufactured in
the U.S.A. exclusively
for ProMera Health

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BETA-CRET™

MICRO-CONCENTRATED PRE-WORKOUT INTENSIFIER*



BLUE RASPBERRY

**CON-CRET®
REINFORCED™**

Featuring:

COP
Creatinol-O-Phosphate

WARNING

ASSESS TOLERANCE AS
TORQUED ZONE WILL VARY
WITH BODY CHEMISTRY &
TRAINING INTENSITY

DIETARY SUPPLEMENT

NET WT 5.52 OZ (156.6 g)

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Supplement Facts

Serving Size 1 Rounded Scoop Approx. 4.35 g
Servings Per Container 36

	Amount Per Serving	% Daily Value
Folic Acid	200 mcg	50%
Niacin	25 mg	125%
Vitamin B-6 (as Pyridoxine)	2 mg	100%
Proprietary Blend	4,050 mg	**
Taurine, CarnoSyn® Beta-Alanine, CON-CRET® Creatine HCl ¹ , Creatinol-O-Phosphate, L-Tyrosine, Caffeine Anhydrous (125 mg), L-Histidine, N-Acetyl-L-Tyrosine		

**Daily Value not Established

Other Ingredients: Raspberry Natural & Artificial Flavoring, Red Beet Juice Powder, Sucralose, Vanilla N&A, Silicon Dioxide, Maltodextrin, FD&C Blue #1 ¹ Patent Pending

* 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.

DIRECTIONS: As a dietary supplement, mix one serving (one rounded scoop) 10-15 minutes before training with 6-8 ounces of water. BETA-CRET™ is effective when using a single (1) serving however, two scoops (2) may be of particular value in establishing one's "Torque Zone." Assess tolerance level when increasing doses, never take more than three (3) servings during a single use.

The Thermogenic effects of BETA-CRET™ may be enhanced when taken on an empty stomach. On Non-Training days take one (1) serving as a means to fortify ATP stores, increase Carnosine levels and improve lactic acid buffering capacity.*

BETA-CRET™ should be stacked with CON-CRET®.

CarnoSyn™
Carnosine Synthesizer

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