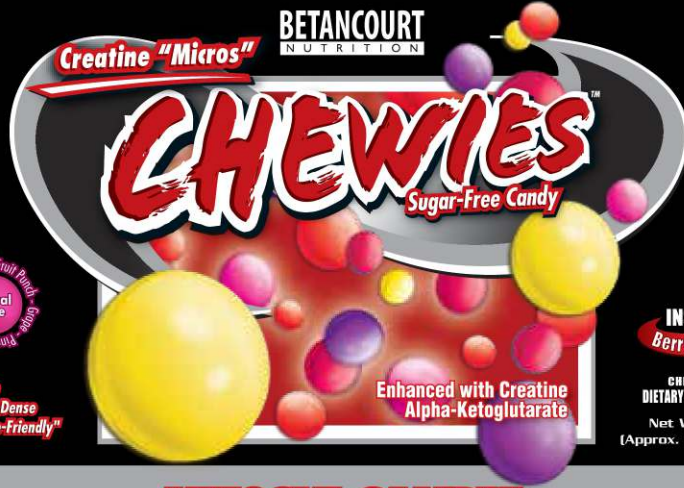


YOUR FAVORITE MUSCLE CANDY JUST GOT BETTER!

- **Bite-Size**
- **Nutrient-Dense**
- **"Physique-Friendly"**

Actual Size
Raspberry - Fruit Punch - Grape
Pineapple Orange



**INSANE
Berry Blend**

**CHEWABLE
DIETARY SUPPLEMENT**

Net WT. 8 oz
(Approx. 567 Tablets)

**Enhanced with Creatine
Alpha-Ketoglutarate**

**BETANCOURT
NUTRITION**

Creatine "Micros"

CHEWIES™
Sugar-Free Candy

Betancourt Nutrition has its own 140,000-square-foot cGMP manufacturing facility. This allows us to experiment... a lot. After much trial and error, our supplement development team figured out how to compress the world's most studied performance-enhancing supplement—creatine—into a single chewable tablet so small that two dozen of them can fit in your hand. Plus, we made it taste like candy!

Of the more than 200 studies published on creatine, those investigating its effects on resistance exercise performance show that, on average, subject supplementing with creatine increase their strength by 14% more than those taking a placebo (1). As with any supplement, individual responses vary considerably, with studies reporting increases in bench press strength of 3% all the way up to a remarkable 45%.

The evidence in favor of creatine is so strong, researchers are even telling doctors to recommend it. Dabio et al. (2) state, "Physicians should strongly consider advising older adults to supplement with creatine and to begin a resistance training regime in an effort to enhance skeletal muscle strength and hypertrophy, resulting in enhanced quality of life."

Whether you're young or old, a hardcore "bodybuilder" or someone who just wants to fight off aging, creatine supplementation can help you. With the release of new CHEWIES™ Creatine Micros, Betancourt has made creatine supplementation even more convenient and enjoyable.

SCIENTIFIC SUPPORT

1. Rawson ES, Volak JS (2003). Effects of creatine supplementation and resistance training on muscle strength and weightlifting performance. J Strength Cond Res 17(4): 822.

2. Dabio VA et al. (2009). The effects of age on skeletal muscle and the phosphocreatine energy system: can creatine supplementation help older adults. Dyn Med 8(1): 6.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL DRY PLACE.

Formulated, tested and certified exclusively by Betancourt Nutrition, Inc.
14620 NW 60th Ave., Miami Lakes, FL 33014

Toll-free 800-443-4153 • Phone: 305-593-9296 • Fax: 202-449-8275
www.betancourtnutrition.com



SUPPLEMENT FACTS

Serving Size: 1 scoop (Approx. 27 Tablets)
Servings Per Container: 21

Amount Per Serving	% Daily Value
Calories 30	2%
Calories from Fat 0g	0%
Total Fat 0 g	0%
Protein 0 g	0%
Cholesterol 0 g	0%
Carbohydrates 2 g	1%
Sugar 0 g	

Creatine Blend 5052 mg
Creatine Monohydrate
L-Creatine AKG

* Daily Value not established

Other ingredients: Malodextrine, microcrystalline cellulose, vegetable magnesium stearate, citric acid, polywax, natural & artificial flavors, artificial color (may contain FD&C yellow #6 aluminum lake, FD&C red #40 aluminum lake, FD&C blue #1 aluminum lake, FD&C blue #2 aluminum lake) sucrose.

Lot No./Best By:



RECOMMENDED USAGE:

Creatine's effects on muscle strength and performance can be explained at least in part by its ability to increase phosphocreatine (PCr) levels. Higher PCr levels encourage faster recovery of muscle adenosine triphosphate (ATP) levels after exercise. ATP is the ultimate source of energy for muscle contraction and many other processes.

To increase your muscle PCr levels, it's recommended that you supplement with creatine daily. You can take CHEWIES™ Creatine Micros any time of day. Studies suggest that when you take it isn't as important as how much you take, and how consistently. Start by taking 1 serving of CHEWIES™ after your first meal of the day and again after exercise. Chew the tablets thoroughly before swallowing with water.

WARNING: Consult your physician before using this or any other dietary supplement if you are pregnant, nursing, trying to conceive, taking medication, have a medical condition or are currently unaware of your health status.