

Pre-Workout

For best results, consume (1) scoop with 6-8 fluid ounces of cold water before your workout.

MET-Rx® Creatine 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® Creatine delivers insane taste and results.*

MET-Rx® Creatine 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 Creatine 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 caloric intake.

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.

*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.



MET-RX®

FRUIT PUNCH

Natural and Artificial Flavors

PERFORMANCE* CREATINE

DIETARY SUPPLEMENT
Net Wt: 3.17 lbs. (50.79 oz.) (1,440 g)

6G
CREATINE
COMPLEX



**Fuels Muscle Strength
& Power***

**Accelerates
Post-Workout Recovery***

**Contains Fast-Digesting
Carbs & Electrolytes**

DIRECTIONS:

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.

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

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.

Supplement Facts

Serving Size 1 Scoop (48g)
Servings Per Container 36

Amount Per Serving		%Daily Value
Calories	150	
Total Carbohydrate	33 g	11%***
Sugars	33 g	***
Phosphorus (as Magnesium Phosphate, Sodium Phosphate, Potassium Phosphate)	188 mg	18%
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	2,963 mg	***
Xtreme NOS Blend: L-Arginine L-Arginine Alpha Keto Glutarate Stevia Extract (Stevia rebaudiana) (leaf)	1,028 mg 68 mg	***

***Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

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.



Manufactured in the USA with select ingredients from around the world for MET-Rx Nutrition, Inc.
Boca Raton, FL 33487
©2018 Questions? Call toll free 1-800-82-MET-Rx
To learn more, please go to www.MET-Rx.com

36726 03C B67399
Part No. 30-41093



7 86560 36726 4