

121465 EXP.04/2014

The ingredients in this formula work as an anti-catabolic (muscle protein sparing) agent and to delay the onset of muscular fatigue during intense exercise. This process assists in the maintenance of a more powerful workout and may translate into better results.*

DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

KEEP OUT OF REACH OF CHILDREN.

Suggested Use: For maintenance purposes, take 4 tablets with 8 oz of water along with 1 or 2 servings of Apex FIT High Performance drink mix (calorie-containing powder) 45 minutes prior to workouts. To obtain a creatine loading plan, see your Apex Certified Trainer or visit apexfitness.com.

Not recommended for use by people under age 18.

Does not contain sugar, salt, starch, yeast, artificial coloring, flavoring or preservatives.

Keep in a cool, dry place. Do not refrigerate.

Utilizes a natural protective coating.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent disease.



USA ©2009
Manufactured exclusively for
Apex Fitness Group™
4035 E. Thousand Oaks Blvd, Ste 260
Westlake Village, CA 91362
www.myapex.com

Creatine

- helps increase available energy to muscles for better performance*
- effective energy for short-term, high intensity exercise*
- replenishes the body's natural stores of creatine, which may help buffer lactic acid build-up in muscles (during resistance training)*
- can increase muscle growth with resistance training*

Glutamine

- may aid in recovery*
- peptide form for good absorption*

CREATINE

apex

MAX™

INCREASE YOUR BODY'S
NATURAL SUPPLY OF CREATINE*
GLUTAMINE PEPTIDE COMPLEX

tablets

180

dietary supplement

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 90

Amount Per Serving	% Daily Value
Creatine Monohydrate	2000 mg **
Glutamine Peptide	500 mg **

**Daily Value has not been established.

Inactive Ingredients: Dicalcium phosphate, Stearic acid vege grade, Magnesium stearate vege grade, Croscarmellose sodium, Aqueous film coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol)

**GUARANTEED
QUALITY**

Laboratory Tested

