Designed to increase muscle mass and creatine to increase strength while helping to prevent its mass from resistance breakdown.

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

KEEP OUT OF REACH OF CHILDREN.

Suggested Use: Split 10 tablets into 3 doses. Take 4 tablets along with 1 or 2 servings of Apex FIT High Performance drink mix (calorie-containing powder) 1 hour before a workout and the synthesis and suppor remaining 2 doses of 3 tablets each muscle recovery throughout the day with 8 oz of water.

Not recommended for use by people under the age of 18.

Keep in a cool, dry place. Do not I-alanine, betaine refrigerato refrigerate.

Does not contain yeast, corn, soy, wheat, lactose, citrus, milk, egg and to help increase to help increase fish products. No sugar, salt, starch, to help increase artificial artificial coloring, flavoring preservatives added.

Components in this product are derived from natural sources.

Natural protective coating utilized.



training and help increase available energy to muscles for better performance

glutamine to promote protein

or and maintain muscle volume

MAX

BUILD MUSCLE MASS (WITH CREATINE)

tablets

dietary supplement

## Supplement Facts

Serving Size: 10 Tablets Servings Per Container: 30

Amount Per Serving	
Taurine	2 grams'
L-Glutamine	2 grams'
Creatine	6 grams
	1000 mg
Glycine	500 mg
L-Alanine	F00 ma

\*Daily Value has not been established.

Betaine (HCI)

Inositol

Other Ingredients: Microcrystalline Cellulose, Croscarmellouse Sodium, Stearic Acid, Magnesium Stearate, Silicon Dioxide, Povidone, Hydroxypropylmethylcellulose, Titanium Dioxide, Triacetin.



500 mg'

1000 mg\*

