

AMERICA'S #1 SELLING
CREATINE BRAND*

SIX STAR
PRO NUTRITION

CREATINE
X3™

ELITE SERIES

FROM THE MAKERS OF

MUSCLETECH
RESEARCH & DEVELOPMENT

3031MG
CREATINE X3™
BLEND

SCIENTIFICALLY
SHOWN TO BUILD

4X
MORE MUSCLE*

TEST SUBJECTS GAINED 18.6% MORE
STRENGTH IN JUST 10 DAYS*²

ENHANCES MUSCLE PERFORMANCE*

IMPROVES RECOVERY
BETWEEN SETS*



DIETARY SUPPLEMENT

60 CAPLETS

Supplement Facts

Serving Size: 3 Caplets
Servings Per Container: 20

Amount Per Serving	% Daily Value
Sodium 10mg	<1%
Creatine™ Blend 3,031mg	†
Muscle Building Matrix	
Creatine monohydrate	†
Creatine phosphate	†
Creatine pyruvate	†
Alpha Amino 1	
Alpha lipoic acid	†
L-carnosine	†

† Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Hydroxypropylcellulose, Croscarmellose Sodium, Stearic Acid, Coating (Polyethylene Glycol, FD&C Blue No. 2, Talc, FD&C Yellow No. 6, FD&C Red No. 40, Hydroxypropyl Cellulose, Titanium Dioxide, Soy Lecithin, Polysorbate 80, Silica, Magnesium Stearate, Acesulfame-Potassium. **Contains soy ingredients.**

Directions: Take 2 servings (6 caplets) per day. On days you work out, take 2 servings immediately after your workout. On days you do not work out, take 2 servings in the morning. Maintain an adequate state of hydration during use.

WARNING: For adult use only. Do not use if pregnant or nursing. Consult a medical doctor if you have a medical condition or before starting any diet or exercise program. If you experience a skin rash or any other allergic reaction, discontinue use and consult a medical doctor. **KEEP OUT OF REACH OF CHILDREN.**

Do not use if this packaging has been tampered with.
Store in a cool, dry place (60°F to 80°F).

*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.

*Based on AC Nielsen NDC sales data.

*MuscleTech® is America's #1 Selling Body Building Supplement Brand based on cumulative wholesale dollar sales 2001 to present. Over 170 million bottles of MuscleTech® and Six Star® products combined have been sold.

Made in the U.S.A. from international ingredients. Protected by U.S. Patents #6,136,339, #6,326,513 and #6,620,425.
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SIX STAR® CREATINE X3™ IS

*** ENGINEERED FOR ALL ATHLETES ***

Six Star® Creatine X3™ is from the makers of MuscleTech®, America's #1 Selling Body Building Supplement Brand, so you know it's a powerful formula you can trust. Whether it's your first time at the gym or you're a seasoned vet, pro athlete or just trying to gain that extra edge in your sport, everyone is an athlete, and every athlete needs to fuel their body with the best sports nutrition products available. Formulated with a powerful dose of creatine that helps generate ATP, a critical source of muscle energy, for improved recovery time, enhanced strength and increased muscle mass, Six Star® Creatine X3™ is the fuel you need to build muscle and strength, and it's **Engineered for All Athletes.***

Six Star® Creatine X3™ Is For:



ACTIVE
MEN & WOMEN



STRENGTH
TRAINERS



ALL
ATHLETES



FITNESS
ENTHUSIASTS



BODY
BUILDERS

Benefits of Six Star® Creatine X3™:

- Cutting-edge creatine pill formulation
- Improves recovery between sets & enhances muscle performance*
- Builds muscle & strength*
- Provides cellular energy to working muscles*

Scientific Study Shows Over 4x More Muscle Gain*

In a third-party, 12-week study conducted at an American university, involving 22 untrained test subjects divided into three groups, subjects taking the same form of creatine found in Six Star® Creatine X3™ with a weight training program gained over 4 times more lean muscle than subjects using a placebo (7.12 vs. 1.30 lbs.).*

Test Subjects Gained 18.6% More Strength in Just 10 Days*

In a 10-day study conducted at Ohio State University on 31 weight-trained test subjects randomly assigned to one of three groups, subjects consuming the same form of creatine found in Six Star® Creatine X3™ caplet and involved in a training program increased their strength capacity on the bench press by 18.6% compared to baseline (6,658 vs. 5,613 joules). * Testing was performed using 70% of the subject's 1-rep max bench press.

FOR BEST RESULTS, STACK WITH:

Pre-workout
30 to 45 minutes before workout
Pre-workout powder engineered to enhance muscle performance, increase energy and get you pumped while you train.*



Pre- & post-workout
between meals
Advanced whey protein formula designed to help build muscle and strength.*



For more info, recipes, tips and to join the conversation, visit SixStarPro.com

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