

**PRE-
WORKOUT**

FOR MAXIMUM BENEFIT, TAKE 1 SCOOP PER 100 LBS. OF BODY WEIGHT ONE HOUR PRIOR TO YOUR WORKOUT. ON NON-TRAINING DAYS, TAKE YOUR DAILY SERVING WITH YOUR LARGEST MEAL. IT IS NOT NECESSARY TO LOAD WHILE TAKING MET-Rx® QUIK-CREAT™.

MET-Rx® Quik-Creat™

Quik-Creat™ is a next generation formula featuring creatine hydrochloride. This concentrated formula supplies 750 milligrams of Creatine HCl per serving. Our professional strength formula can be used by athletes, bodybuilders and anyone training hard in the gym.

Directions: For adults, take one (1) scoop (0.75 g) one hour prior to working out with 4-6 ounces of water. Quik-Creat™ can be taken with food, mixed with your favorite protein, or on an empty stomach. Creatine should be consumed within 10 minutes after mixing. As a reminder, discuss the supplements and medications you take with your health care providers.

Training: 1 serving per 100 pounds of body weight.

Additional Support: 1-2 servings per 100 pounds of body weight.

Rest Days: Can take 1 serving per 100 pounds of body weight.

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.

MET-Rx

QUIK-CREAT™

The NEXT Generation of Creatine

» CONCENTRATED FORMULA

» SMALL DOSAGE – 1 SCOOP DELIVERS
750MG OF CREATINE HCl

DIETARY SUPPLEMENT

PERFORMANCE

Net Wt. 2.65 oz. (75 g)

Supplement Facts

Serving Size 1 Scoop (0.75 g)
Servings Per Container about 100

Amount Per Serving	%Daily Value
Quik-Creat™ Creatine HCl	750 mg

*Daily Value not established.

Ingredient: Creatine Hydrochloride.

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.

MET-Rx

Shaping Every Body.

Manufactured in the USA by MET-Rx Nutrition, Inc.
Boca Raton, FL 33487
©2013

Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com

51654 01B B51654 MAB



7 86560 51654 9