

30 Servings

VALUE SIZE 30 Servings

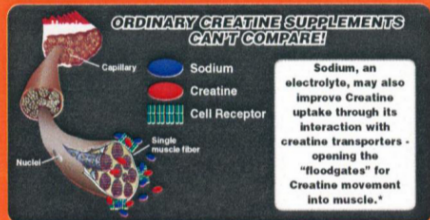
VALUE SIZE

BODY FORTRESS™ SUPER ADVANCED CREATINE HP

Body Fortress has taken our original Super Creatine Formula to a whole new level - now packed with three hardcore blends: the Triple Creatine Matrix, NOS Xtreme Blend and our BCAA Nitro Blend, in addition to all the hard-hitting features of the original.

Each scientifically-formulated serving of Body Fortress™ Super Advanced Creatine High Performance is loaded with fast digesting carbohydrates, electrolytes and now has added Branched Chain Amino Acids, Arginine, and Chromium.

Carbohydrates help induce an insulin response that improves Creatine transport into the muscle - so you can maximize creatine stores for improved strength and recovery.*



- All this can result in:
- Increased muscle size and strength support*
 - Accelerated Creatine delivery*
 - Improved cell volumization*

FREE OF: yeast, wheat, milk or milk derivatives, lactose, preservatives, soy

KEEP OUT OF THE REACH OF CHILDREN. KEEP IN A DRY PLACE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

*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.

Results may vary. Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.



YOUR BODY. YOUR FORTRESS.™
WWW.BODYFORTRESS.COM

Carefully Manufactured by
Healthwatchers (DE), Inc.
Bohemia, NY 11716 U.S.A.

New,
Advanced
Formula

BODY X FORTRESS™

SUPER ADVANCED CREATINE HIGH PERFORMANCE

MUSCLE MASS AND STRENGTH FUEL*

FRUIT PUNCH

Naturally and Artificially Flavored

HIGH PERFORMANCE FUEL

SCIENTIFICALLY DESIGNED TO:

- ◆ Speed Recovery from Training*
- ◆ Increase Reps During Lifting*
- ◆ Spike Insulin to Boost Creatine Uptake*
- ◆ More Effective than Creatine Alone

DIETARY SUPPLEMENT

NET WT. 3.17 lbs. (50.79 oz.) (1,440 g)

Supplement Facts

Serving Size 1 Scoop (48 g)
Servings Per Container 30

Amount Per Serving		%Daily Value
Calories	150	
Total Carbohydrate	33 g	11%*
Sugars	33 g	***
Phosphorus (as Magnesium Phosphate, Sodium Phosphate, Potassium Phosphate)	186 mg	19%
Magnesium	69 mg	17%
Chromium (as Chromium Picolinate)	200 mcg	167%
Sodium	95 mg	4%
Triple Creatine Matrix	6,119 mg	***
Creatine Monohydrate, Creatine Ester Phosphate, Creatine Ethyl Ester		
BCAA Nitro Blend	2,063 mg	***
Taurine, Leucine, Isoleucine, Valine, N-Acetyl Cysteine		
NOS Xtreme Blend	1,094 mg	***
L-Arginine, L-Arginine Alpha Keto Glutarate		
Stevia Extract (Stevia rebaudiana) (leaf)	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 Flavor, FD&C Red No. 40 Lake, FD&C Red No. 40, FD&C Blue No. 1.

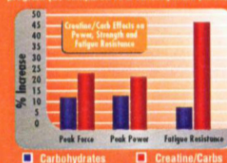
SUGGESTED USE:

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 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.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Avoid the 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.

Increase in Bench Press Maximal Strength & Fatigue Resistance with Creatine & Carbohydrate combination following a 21 day weight training program (as compared to a carbohydrate placebo).



Source: Burke, D. *Journal of Sport Sciences*, 2000, 18, pp 239-244

