

**POST-  
WORKOUT**

**FOR MAXIMUM BENEFIT, TAKE 1 CAPSULE PER 100 LBS. OF BODY WEIGHT IMMEDIATELY FOLLOWING 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 CREATINE HCL.**

## **MET-Rx® Quik Creatine HCl**

Quik Creatine HCl is a next generation formula featuring creatine hydrochloride. This concentrated formula contains under 1 gram of creatine per capsule – no loading required!

**Directions:** For adults, take one (1) capsule daily, preferably with a meal. See dosing information for bodyweight specific instructions. 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 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 CREATINE**

The **NEXT** Generation  
of Creatine **HCL**

- » **CONCENTRATED FORMULA**
- » **SMALL DOSAGE – 1 CAPSULE DELIVERS 750MG OF CREATINE HCL**

**90 CAPSULES** DIETARY SUPPLEMENT

**PERFORMANCE**

## **Supplement Facts**

Serving Size 1 Capsule

<b>Amount Per Serving</b>	<b>%Daily Value</b>
Creatine HCl	750 mg *

\*Daily Value not established.

**Other Ingredients:** Gelatin. **Contains <2% of:** Croscarmellose, Vegetable Magnesium Stearate.

**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  
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Questions? Call toll free 1-800-55-MET-Rx  
To learn more, please go to [www.MET-Rx.com](http://www.MET-Rx.com)

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