How to Take Creatine X3™

SHAKE

Cover and shake until well mixed













# Why Six Star® Creatine<sup>X3™</sup> Is the Smarter Choice

Six Star® Creatine™ is from the makers of MuscleTech®, America's #1 Selling Body Building Supplement Brand. It's scientifically formulated to deliver 8,000mg of creatine with only 5g of sugar and 90 calories. Six Star® Creatine vith only 5g of sugar and 90 calories. also features 2.500mg of BCAAs and taurine to help boost nitrogen levels, plus an extra blend of the three amino acids critical to creatine synthesis. A Trust Six Star® Creatine of the best formula, best taste and best results!

# Who Is Six Star® Creatine<sup>X3™</sup> For?

- \* Active Men & Women
- \* Body Builders \* Strength Trainers

#### Athletes What Are the Benefits of Six Star® CreatineX3™?▲

- ★ Builds lean muscle and strength ♣.1.2
- Enhances muscle performance in athletes<sup>▲,1,2</sup>
- With a clinically proven 8,000mg dose of premium creatine
- Provides 2,500mg of free-form BCAAs and taurine With the electrolytes sodium and potassium
- Mixes instantly and tastes amazing

#### Test Subjects Built 4x More Lean Muscle

<sup>1</sup>In a 12-week study with 22 untrained test subjects divided into three groups and conducted at an American university, subjects taking the creatine in Six Star® Creatinex37M with a training program gained over four times more muscle than subjects using a placebo (7.12 vs. 1.30 lbs.).4

## Test Subjects Gained 18.6% **More Strength**

2In a 10-day study conducted at a leading U.S. 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® Creatinex3™ with 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 subjects' one-rep max bench press.

### Award-Winning Taste You Will Love

The American Masters of Taste, a prestigious panel of chefs and flavor experts, awarded Six Star® CreatineX3™ the Gold Medal for Superior Taste against all other value brands in America. Trust Six Star® Creatinex3™ for optimum performance and award-winning taste you'll love.

Other Six Star Pro Nutrition® Supplements:



Pre-workout powder

increase energy.\*

engineered to enhance

muscle performance &

FOR MORE INFO. RECIPES, TIPS. AND TO JOIN THE CONVERSATION, VISI SixStarPro.com Twitter@SixStarPro Facebook.com/SixStar

Instagram.com/sixstarpronutrition

EXPLOSO



SIX STAR

**ELITE** SERIES

From the Makers of





## Scientifically Shown to Build 4x More Lean Muscle\*,1

- Test Subjects Gained 18.6%
- More Strength\*,2
- Enhances Muscle
- Performance in Athletes Accelerates Workout Recovery

Results based on core incredient testing. See back for study details fruit **punch** 

NATURAL AND ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT Net Wt. 2.54 lbs. (1.15kg) Mixes Instantly . Zero Aspartame



Serving Size: 1 Scoop (33g) Serving Size: 1 Scoop (SSg)
Servings Per Container: Approx. 35

Amount Per Serving % Daily Value Calories 90 Total Carbohydrates 19g 6%\* Sugars 5g Sodium 70mg

Creatine Synthesis Amino Matrix 1.000mg

\*Percent Daily Values are based on a 2,000 calorie diet

Other Ingredients: Maltodextrip, Dextrose, Citric Acid.

Natural And Artificial Flavors, Salt, Calcium Silicate,

Sucralose, Acesulfame-Potassium, FD&C Red No. 40.

Processed in a facility that also processes milk.

Creatine monotydrate

BCAA-Amino Blend 2.500mg

Creatine HCI

Taurine

I -leucine

L-valine

Glycine

L-arginine

I -methionine

†Daily Value not established

L-isoleucine

Potassium (as dipotassium phosphate) 40mg 19 Directions: Take 1 serving (1 scoop) immediately Muscle Building Creatine Blend 8.000mg

after you work out with 8 oz. of cold water. If you are not working out that day, have your serving in the morning when you wake up. As with all creatine products, maintain an adequate state of hydration during use. Read the entire label

> before use and follow directions provided. Note: To maintain product freshness, store in a cool dry place (60°F to 80°F). This product is sold by weight. so some settling may occur. Shake container before use. Do not use if packaging has been tampered with.

WARNING: Not intended for use by persons under 18. Do not use if you have had a myocardial infarction (heart attack). Inhalation may amplify the inflammatory airway response in persons with asthma. Do not refrigerate. Do not use if pregnant or nursing. Consult a medical doctor you have a medical condition or before starting any diet or exercise program, KEEP OUT OF REACH OF CHILDREN.

soy, wheat, egg and peanut ingredients. Six Star® Creatinex3 is manufactured according to cGMP standards, as is

required for all dietary supplements. \*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. MuscleTech® is America's #1 Selling Body Building Supplement Brand based on cumulative wholesale dollar sales 2001 to present.

Made in the U.S.A. from international ingredients. Protected by U.S. patents #5,968,544 and #6,326,513. Distributed by lovate Health Sciences U.S.A. Inc. 1105 North Market Street. Suite 1330. Wilmington, DE 19801, @ 2014, For lot no, and expiry date; see bottle

