



CREATINE & GLUTAMINE WITH BETA-ALANINE

FRUIT PUNCH

NET WT. 12 oz. (340 g) • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Scoop (10.7 g)

Servings Per Container About 31

	Amount Per Serving	% Daily Value
Creatine Monohydrate	5 g	*
Glutamine	3 g	*
Beta-Alanine (as CarnoSyn®)	1.6 g	*

* Daily Value not established.

Other ingredients: Citric acid, natural and artificial flavor, xanthan gum, acesulfame potassium, sucralose, FD&C red 40.

NO Yeast, Wheat, Gluten, Soy, Dairy, Citrus, Fish, Animal Derivatives or Preservatives.

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.

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DIRECTIONS: As a dietary supplement, mix one (1) scoop (10.7 g) with 8-12 oz. of water. Can be used 30-45 minutes before and/or immediately after training or activity.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

Distributed by: Vitamin Shoppe, Inc.
Secaucus NJ 07094
Visit www.bodytech.com or call 1-800-223-1216
for more information and to reorder.

BodyTech's Creatine & Glutamine with Beta-Alanine combines nutrients essential to most training regimens:

- Creatine helps to improve strength and performance during high intensity exercise and training.
- Glutamine helps support muscle growth and recovery as well as immune health.
- Beta-Alanine helps support muscle strength, endurance and overall athletic performance.

This product should be used in conjunction with a well-balanced diet and exercise program. If you have a medical condition, consult your healthcare professional before beginning such a program.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Item No.
VS-2703
1761899

CarnoSyn
Carnosine Synthesizer

