

BODY FORTRESS® KNOWS THAT SUCCESS IS A RESULT OF HARD WORK, NOT HYPE. THAT'S WHY SUPER ADVANCED CREATINE WAS DESIGNED TO GIVE YOU THE POWER TO WORK HARDER WHEN IT COUNTS MOST. BY COMBINING HIGH-QUALITY CREATINE WITH BETAPOWER® BETAINE, FAST-ACTING CARBS AND ELECTROLYTES, OUR ADVANCED FORMULA HELPS YOU PUSH YOURSELF FURTHER, RECOVER FASTER, AND STAY HYDRATED DURING TRAINING.* MAKE EVERY WORKOUT WORK HARDER FOR YOU WITH SUPER ADVANCED CREATINE.

 **8g CREATINE TO MAXIMIZE MUSCLE STRENGTH & POWER*◇**

 **2.5g BETAINE TO SUPPORT LEAN MASS & BODY COMPOSITION*◇**

 **FAST-ACTING CARBS TO PROMOTE MUSCLE GROWTH & RECOVERY***

 **CONTAINS ZERO ASPARTAME – ZERO GLUTEN – ZERO GIMMICKS**

◇PER 2 SCOOPS

Directions: Workout Days - For adults, mix one (1) scoop 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. Creatine should be consumed within 10 minutes after mixing. Take this product with an adequate daily fluid intake for hydration. As a reminder, discuss the supplements and medications you take with your health care providers.

Non-Workout Days - Take one (1) scoop with breakfast.

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

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.

Please note: Crystalline Taurine will appear as small crystals within the powder.

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

KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

BetaPower® is a registered trademark of Danisco A/S.

Contents are sold by weight. Some settling may occur.

*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.

BODY FORTRESS®

YOUR BODY - YOUR FORTRESS.®

For more information on other Body Fortress® products or for complete training and nutrition programs, visit www.bodyfortress.com.

BODY FORTRESS®

**SUPER ADVANCED
CREATINE**
MUSCLE & STRENGTH BUILDER*

CREATINE
BETAINE
AMINOS
ELECTROLYTES

50
SERVINGS

FRUIT PUNCH
Naturally and Artificially Flavored

 **MAXIMIZE STRENGTH & POWER***

 **INCREASE REPS DURING TRAINING***

 **PROMOTE MUSCLE GROWTH & RECOVERY***

DIETARY SUPPLEMENT/NET WT. 2.2 lb. (35.2 oz.) (998 g)

Supplement Facts

	1 Scoop (20 g) about 50	2 Scoops (40g) about 25
Amount Per Serving	%Daily Value	%Daily Value
Calories	70	140
Total Carbohydrate	12 g 4%**	24 g 8%**
Sugars	5 g ***	10 g ***
Phosphorus	126 mg 13%	252 mg 25%
Sodium	100 mg 4%	200 mg 8%
Potassium	80 mg 2%	160 mg 5%
Crea-ATP Matrix	4 g (4,000 mg) ***	8 g (8,000 mg) ***
Creatine Monohydrate, Creatine Hydrochloride		
BetaPower®	1.25 g (1,250 mg) ***	2.5 g (2,500 mg) ***
Betaine Anhydrous		
Nitro-Amino Complex	1.5 g (1,500 mg) ***	3 g (3,000 mg) ***
Taurine, Glycine, L-Glutamine, L-Leucine, Isoleucine, L-Valine		

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

***Daily Value not established.

Other Ingredients: Maltodextrin, Dextrose, Citric Acid, Natural and Artificial Flavor, Sodium Phosphate, Potassium Phosphate, Sucralose, FD&C Red No. 40, FD&C Blue No. 1, FD&C Red No. 40 Lake.



Carefully Manufactured for
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Manufactured according to
cGMP standards, as is required
for all dietary supplements.



GLUTEN FREE



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