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SIX STAR
PRO NUTRITION



**CREATINE
X3™**
ELITE SERIES

From the Makers of



**Scientific Study Shows
Over 4x More Muscle Gain¹**

- **Test Subjects Gained 18.6% More Strength in Just 10 Days^{1,2}**
- **Enhances Muscle Performance⁴**

Results based on core ingredient testing.
See back for study details.

60 Caplets

Dietary Supplement



Supplement Facts

Serving Size: 3 Caplets
Servings Per Container: 20

Amount Per Serving	% Daily Value
Creatine^{X3™} Blend 3,031mg	†
Muscle Building Matrix	
Creatine Monohydrate	†
Creatine Phosphate	†
Creatine Pyruvate	†
Alpha Amino 1	
Alpha Lipoic Acid	†
L-Carnosine	†

† Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Hydroxypropylcellulose, Croscarmellose Sodium, Stearic Acid, Coating (Polyethylene Glycol, FD&C Blue No. 2, Talc, FD&C Yellow No. 6, FD&C Red No. 40, Hydroxypropyl Cellulose, Titanium Dioxide, Soy Lecithin, Polysorbate 80), Silica, Magnesium Stearate, Acesulfame-Potassium. **Contains soy ingredients.**

Directions: Take 2 servings (6 caplets) per day. On days you work out, take 2 servings immediately after your workout. On days you do not work out, take 2 servings in the morning. Consume 10 glasses of water daily to enhance creatine absorption and for general good health.

WARNING: For adult use only. Do not use if pregnant or nursing. Consult a medical doctor if you have a medical condition or before starting any diet or exercise program. **KEEP OUT OF REACH OF CHILDREN.**

Do not use if packaging has been tampered with. Store in a cool, dry place (60°F to 80°F).

*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.

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AND TO JOIN THE CONVERSATION, VISIT**

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Why Six Star Creatine^{X3™} Is the Smarter Choice

Six Star® Creatine^{X3™} is from the makers of MuscleTech®, America's #1 Selling Body Building Supplement Brand, so you know it's a powerful formula you can trust. Six Star® Creatine^{X3™} caplets are formulated with a powerful dose of creatine that helps generate ATP, a critical source of muscle energy, for improved recovery time, enhanced strength and increased muscle mass.⁴

Who Is Six Star® Creatine^{X3™} For?

★ Active Men & Women ★ Body Builders ★ Strength Athletes

What Benefits Does It Provide?

- ★ Cutting-edge creatine pill formulation
- ★ Builds muscle & strength⁴
- ★ Provides cellular energy to working muscles⁴
- ★ Improves recovery between sets & enhances muscle performance⁴

Scientific Study Shows Over 4x More Muscle Gain¹

¹In a third-party, 12-week study involving 22 untrained test subjects divided into three groups and conducted at an American university, subjects taking the same form of creatine found in Six Star® Creatine^{X3™} with a weight training program gained over 4 times more lean muscle than subjects using a placebo (7.12 vs. 1.30 lbs.).¹

Test Subjects Gained 18.6% More Strength in Just 10 Days²

²In a 10-day study conducted at Ohio State University on 31 weight-trained test subjects randomly assigned to one of three groups, subjects consuming the same form of creatine found in the Six Star® Creatine^{X3™} caplet and involved in a training program increased their strength capacity on the bench press by 18.6% compared to baseline (6,658 vs. 5,613 joules).² Testing was performed using 70% of the subjects' 1-rep max bench press.