

**PRE & POST
WORKOUT**

FOR MAXIMUM RESULTS, TAKE ONE (1) ROUNDED SCOOP DAILY.

MET-Rx® CREATINE

MET-Rx® CREATINE POWDER IS A KEY, FOUNDATIONAL SUPPLEMENT FOR ATHLETES, BODYBUILDERS AND ANYONE WHO IS LOOKING TO GET THE MOST OUT OF EVERY WORKOUT.* ADDING THE RECOMMENDED AMOUNT OF CREATINE TO YOUR DAILY REGIMEN WILL HELP SUPPORT YOUR MUSCLE STRENGTH, POWER AND RECOVERY FROM HIGH-INTENSITY EXERCISE.* CREATINE ALSO ENHANCES THE ABILITY TO PRODUCE HIGHER MUSCULAR FORCE, ESPECIALLY DURING SHORT BOUTS OF MAXIMAL EXERCISE.* THIS CAN RESULT IN INCREASED REPS DURING LIFTING!*

MET-Rx® CREATINE POWDER IS MADE UP OF CREATINE MONOHYDRATE, WHICH HELPS PROMOTE EXERCISE PERFORMANCE, HELPS PROMOTE ATHLETIC PERFORMANCE AND HELPS INCREASE STRENGTH AND POWER.*

Directions: For adults, take one (1) rounded scoop (5 g) daily. For best results, on non-workout days take one (1) rounded scoop, preferably before breakfast. Mix with juice or other glucose-containing liquid. Creatine should be consumed within 10 minutes after mixing. Take this product with an adequate fluid intake. It is important to check with your health care providers before beginning any diet and exercise program. 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.

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.

Contents are sold by weight. Some settling may occur.

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

*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.

PERFORMANCE*

MET-Rx®

CREATINE

100% PURE CREATINE MONOHYDRATE

» **PROMOTES MUSCLE STRENGTH GAINS***

» **ACCELERATES POWER AND RECOVERY
FROM EXERCISE***

» **HELPS INCREASE STRENGTH AND POWER***

DIETARY SUPPLEMENT POWDER

NET. WT. 2.2 lb (35.28 oz.) (1,000 g)

Supplement Facts

Serving Size 1 Rounded Scoop (5 g)

Servings Per Container about 200

Amount Per Serving	%Daily Value
HPLC Pure Creatine Monohydrate	5,000 mg (5 g) **

**Daily Value not established.

MET-Rx®
YOU CAN'T FAKE STRONG™

Manufactured in the USA with select ingredients

from around the world for

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

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