

PRE & POST WORKOUT

For maximum results, take one (1) rounded scoop daily.

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.*

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.

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.

*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.



CREATINE MONOHYDRATE

DIETARY SUPPLEMENT POWDER
Net Wt. 14.1 oz. (400 g)

5G CREATINE	Fuels Muscle Strength & Power*
	Accelerates Post-Workout Recovery*
	No Artificial Sweeteners, Flavors or Colors

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.

Supplement Facts		
Serving Size 1 Rounded Scoop (5 g)		
Servings Per Container 80		
Amount Per Serving	%Daily Value	
Calories	20	
HPLC Pure Creatine Monohydrate	5g	**
**Daily Value not established.		



Manufactured in the USA with select ingredients from around the world for MET-Rx Nutrition, Inc. Boca Raton, FL 33487
©2016 Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com

