



CREATINE & GLUTAMINE WITH BETA-ALANINE

FRUIT PUNCH

NET WT. 12.6 oz. (357 g) • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Scoop (11.5 g)
Servings Per Container About 31

	Amount Per Serving	% Daily Value
Sodium	250 mg	10%
Creatine Monohydrate	5 g	*
L-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, red lake 40 color.

Does not contain: 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.



CarnoSyn® is a registered trademark of Natural Alternatives International, Inc.

DIRECTIONS: As a dietary supplement, mix one (1) scoop (11.5 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.
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