



SIX STAR
PRO NUTRITION



CREATINE^{x3}

ELITE SERIES

From the Makers of

MUSCLETECH

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

★ Test Subjects Gained 18.6% More
Strength in Just 10 Days^{1,2}

★ Enhances Muscle Performance¹

Study results based on core ingredient testing. See back panel for study details.

60 Caplets

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 Caplets
Servings Per Container: 20

Amount Per Serving	% Daily Value
Creatine TM Blend 3,031mg	†
Muscle Building Matrix	
Creatine monohydrate	†
Creatine phosphate	†
Creatine pyruvate	†
Alpha Amino 1	†
Alpha lipoic acid	†
L-carnosine (beta-alanine and histidine dipeptide)	†

† Daily Value not established.

Other Ingredients: microcrystalline cellulose, hydroxypropylcellulose, 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), croscarmellose sodium, stearic acid, silica, magnesium stearate, aceulfame-potassium. Contains soy ingredients.

Directions: Take 2 servings (6 caplets) per day. On days when 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.

¹These 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 2006 to present.

www.SixStarProNutrition.com

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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 and strength¹
- ★ Provides cellular energy to working muscles¹
- ★ Improves recovery between sets and enhances muscle performance¹

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 Days^{1,2}

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 Six Star[®] Creatine^{x3} pill with a training program increased their strength capacity on the bench press by 18.6% compared to baseline (3,550 vs. 5,583 pounds).²

¹Testing was performed using 70% of the subjects' one-rep max bench press.

Enhances Muscle Performance¹

Six Star[®] Creatine^{x3} pill is formulated with a powerful dose of creatine that helps generate ATP, a critical source of muscle energy, for improved recovery time between sets, enhanced strength and increased muscle mass.¹

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WARNING: Do not use if pregnant or nursing. Consult a medical doctor before starting any diet or exercise program. Do not use if packaging has been tampered with. Store in a cool, dry place (60°F to 80°F).