



CREATINE & GLUTAMINE WITH BETA-ALANINE

UNFLAVORED

DIETARY SUPPLEMENT

NET WT. 10.7 oz. (303 g)

Supplement Facts

Serving Size 1 Scoop (10.1 g)

Servings Per Container About 30

	Amount Per Serving	% Daily Value
Creatine Monohydrate	5 g	*
Glutamine	3 g	*
Beta-alanine (as CarnoSyn®)	1.6 g	*

* Daily Value not established.

Other ingredients: None.

Does not contain: Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, Artificial Colors or Flavors.

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.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

DIRECTIONS: As a dietary supplement, mix one (1) scoop (10.1 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.

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.

Distributed by: Vitamin Shoppe, Inc., Secaucus, NJ 07094
Visit www.bodytech.com or call 1-800-223-1216
for more information and to reorder.

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