

FRUIT PUNCH

NATURALLY & ARTIFICIALLY FLAVORED

30 VALUE SIZE SERVINGS

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BODY FORTRESS® SUPER ADVANCED CREATINE HP

Super Advanced Creatine takes regular Creatine supplements to a whole new level with three hardcore blends: the Triple Creatine Matrix, NOS Xtreme Blend and our BCAA Nitro Blend.

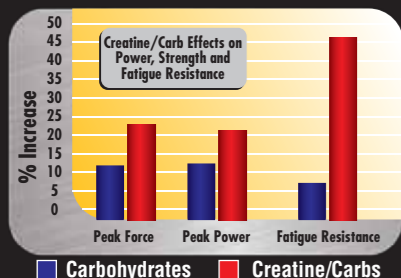
Each serving of Body Fortress® Super Advanced Creatine is loaded with fast digesting carbohydrates, electrolytes and Branched-Chain Amino Acids, Arginine, and Chromium.

Carbohydrates help induce an insulin response that improves Creatine transport into the muscle - so you can maximize creatine stores for improved strength and recovery.*

ORDINARY CREATINE SUPPLEMENTS CAN'T COMPARE!

Sodium, an electrolyte, may also improve Creatine uptake through its interaction with creatine transporters opening the "floodgates" for Creatine movement into muscle.*

- All this can result in:
- Increased mass and strength support*
 - Accelerated Creatine delivery*
 - Improved cell volumization*



Increases in Bench Press Maximal Strength & Fatigue Resistance with Creatine & Carbohydrate combination following a 21 day weight training program (as compared to a carbohydrate placebo).

Burke, D. Int'l. J. of Sport Nutr. and Ex. Metab. 2000, 10, pp 235-244.



SUPER ADVANCED

CREATINE HIGH PERFORMANCE

MASS AND STRENGTH FUEL*

DESIGNED TO:

- SPEED RECOVERY FROM TRAINING*
- INCREASE REPS DURING LIFTING*
- SPIKE INSULIN TO BOOST CREATINE UPTAKE*
- MORE EFFECTIVE THAN CREATINE ALONE

HIGH PERFORMANCE FUEL

FRUIT PUNCH
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DIETARY SUPPLEMENT
NET WT. 3.17 lbs. (50.79 oz.) (1,440 g)
Contents are sold by weight. Some settling may occur.

Supplement Facts

Serving Size 1 Scoop (48 g)
Servings Per Container 30

Amount Per Serving		%Daily Value
Calories	150	
Total Carbohydrate	33 g	11%**
Sugars	33 g	***
Phosphorus (as Magnesium Phosphate, Sodium Phosphate, Potassium Phosphate)	188 mg	19%
Magnesium	71 mg	18%
Chromium (as Chromium Picolinate)	211 mcg	176%
Sodium	95 mg	4%
Potassium	80 mg	2%

Triple Creatine Matrix	6,119 mg	***
Creatine Monohydrate, Creatine Ester Phosphate, Creatine Ethyl Ester		
BCAA Nitro Blend	2,063 mg	***
Taurine, Leucine, Isoleucine, Valine, N-Acetyl Cysteine		
NOS Xtreme Blend	1,028 mg	***
L-Arginine, L-Arginine Alpha Keto Glutarate		
Stevia Extract (Stevia rebaudiana) (leaf)	68 mg	***

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

Other Ingredients: Dextrose, Citric Acid, Natural and Artificial Flavor, FD&C Red No. 40 Lake, FD&C Red No. 40, FD&C Blue No. 1.

*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.

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



YOUR BODY - YOUR FORTRESS.®

For more information on other Body Fortress® products or for complete training and nutrition programs, visit www.bodyfortress.com.

Directions:

Workout Days - For adults, mix one (1) scoop (48 g) with 6-8 fluid ounces of cold water or juice and consume before your workout. Individuals weighing more than 125 lbs should consume another scoop immediately after your workout.

Non-Workout Days - Take one (1) scoop with breakfast.

Creatine should be consumed within 10 minutes after mixing. Take this product with an adequate fluid intake. Consult your health care providers before beginning any diet or exercise program. As a reminder, discuss the supplements and medications you take with your health care providers.

FREE OF: yeast, wheat, milk or milk derivatives, lactose, preservatives, soy.

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 THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.



Carefully Manufactured by Healthwatchers (DE), Inc. Bohemia, NY 11716 U.S.A. 1-800-215-5980

