

NOW WITH THREE ADVANCED BLENDS

MET-Rx® has taken our original Creatine Blast Formula to a whole new level - now packed with three hardcore blends: Tri-Phase Pump Complex, Xtreme NOS Blend and BCAA Nitro Blend, in addition to all of the hard-hitting features of the original.

MET-Rx® Advanced Creatine Blast RTC works for strength sport athletes and anyone resistance training to increase muscle mass and strength*. Each scientifically-formulated serving of MET-Rx® Advanced Creatine Blast RTC is loaded with fast digesting carbohydrates, electrolytes and now has added Branch Chain Amino Acids, Arginine, and Chromium.

- Speeds Recovery from Training*
- Increased muscle size and strength support*
- Accelerated Creatine delivery*
- Spikes Insulin to Boost Creatine Uptake*

Flavors: Fruit Punch & Grape

MET-Rx Advanced Creatine Blast Fruit Punch Exact ingredients may vary slightly with flavors

Supplement Facts

Serving Size 1 Scoop (48 g)

Servings Per Container about 30

Amount per Serving % Daily Value

Calories 150

Total Carbohydrate 33 g 11%**

Sugars 33 g ***

Phosphorus (as Magnesium Phosphate, Sodium Phosphate,
Potassium Phosphate) 186 mg 19%

Magnesium 69 mg 17%

Chromium (as Chromium Picolinate) 200 mcg 167%

Sodium 95 mg 4%

Tri-Phase Pump Complex 6,119 mg ***

Creatine Monohydrate Creatine Ester Phosphate

Creatine Ethyl Ester

BCAA Nitro Blend 2063 mg ***

Taurine

Leucine

Isoleucine

Valine

N-Acetyl Cysteine

Ztreme NOS Blend 1094 mg ***

L-Arginine

L-Arginine Alpha Keto Glutarate

Stevia Extract (Stevia rebaudiana) (leaf) 68 mg ***

** Percent Daily Values are based on a 2000 calorie diet

*** Daily Value not established

Other Ingredients:

Dextrose, Citric Acid, Natural and Artificial Flavors, FD&C Red No. 40 Lake, FD & C Red No. 40, FD& C Blue No. 1

Suggested Use

Workout Days- For adults, mix one 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 scoop with 6-8 fluid ounces of cold water or juice 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

* 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.