

**30 VALUE SIZE SERVINGS**

Eco-Friendly Package to Help Save Our Planet

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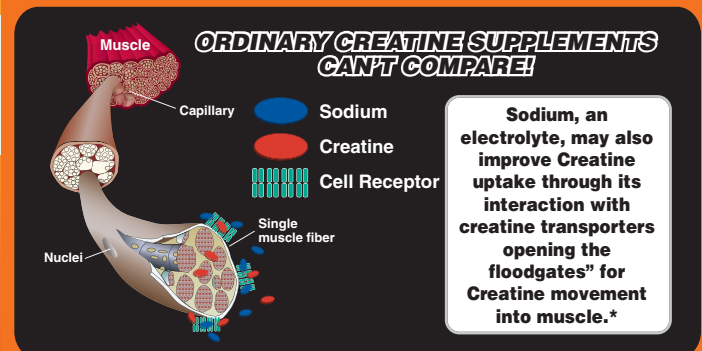
Eco-Friendly Package to Help Save Our Planet

**BODY FORTRESS® SUPER ADVANCED CREATINE HP**

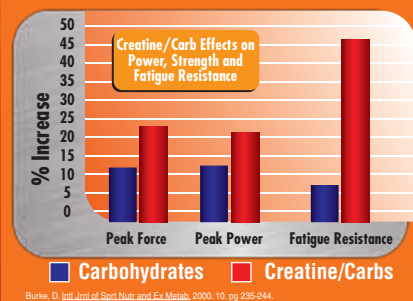
Super Advanced Creatine takes regular Creatine supplements to a whole new level with three hardcore blends: the Triple Creatine Matrix, NOS Xtreme Blend and our BCAA Nitro Blend.

Each scientifically-formulated serving of Body Fortress® Super Advanced Creatine High Performance 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.\*



- All this can result in:**
- Increased muscle size 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).



**SUPER ADVANCED CREATINE HIGH PERFORMANCE**

**MUSCLE MASS AND STRENGTH FUEL\***

**FRUIT PUNCH**

Naturally and Artificially Flavored

**HIGH PERFORMANCE FUEL**

**SCIENTIFICALLY DESIGNED TO:**

- ◆ Speed Recovery from Training\*
- ◆ Increase Reps During Lifting\*
- ◆ Spike Insulin to Boost Creatine Uptake\*
- ◆ More Effective than Creatine Alone

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)	186 mg	19%
Magnesium	69 mg	17%
Chromium (as Chromium Picolinate)	200 mcg	167%
Sodium	95 mg	4%
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	1,094 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](http://www.bodyfortress.com).

**SUGGESTED USE:**

**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, 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. KEEP IN A DRY PLACE, 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



**CCS PACKAGING PROOF**

File: 67406L-AE-ARTx  
Date: 03/04/10  
Bulk# 67399  
Part#  
Dieline/Rule Out#  
Size:  
Label Size: 503mm x 212.725mm  
Bottle Size:  
Bottle Color:  
Revision Code: 03D  
Artist: Craig W.  
Job Sup: Oscar G.

**PSD: 67460L-AE-Bkgrdr**

**Layer Set:**  
SF Rev. Date:  
OTP Date: 04/27/10

**Color Specifications**  
☑ Cyan ☑ Magenta ☑ Yellow ☑ Black

**PANTONE 1665**

**CCS PACKAGING PROOF**

**COLOR SPECS**

**FONTS:**  
Helvetica  
Helvetica Oblique  
Helvetica Bold  
Helvetica Black  
Helvetica Condensed Bold  
Helvetica 65 Medium  
Helvetica 75 Bold  
Helvetica 77 Bold Cond  
Helvetica 95 Black  
Impact  
Myriad Roman  
Myriad Pro  
Sui Generis Bold

**CAUTION:**  
It is the vendors responsibility to print a scannable UPC code from either our artwork or your alternative UPC method.

Text Free Area

Fold

Fold

104mm

248mm LAYFLAT

151mm

498mm Total Print Width

503mm Total Slit Width

4mm Graphic, Varnish & Ink Free

208.725mm Print Area

212.725mm Cut Height/Repeat

Fold A

Fold B