

**Beachbody Nutritionals' Strength & Muscle Men's Formula** combines creatine, phosphates, and dextrose to maximize your body's ability to absorb creatine into the bloodstream for enhanced results—with no unwanted effects normally associated with creatine supplements. Our unique "balanced pH" delivery system minimizes cramping and stomach upset. Taken daily, Strength & Muscle Men's Formula may support increased strength and lean tissue development.\*

**DIRECTIONS:** Mix 1 scoop (16 grams) into 8 ounces of cold water. Stir until powder dissolves. For maximum benefit, take on an empty stomach 10 to 30 minutes after your workout. Do not consume food for approximately 30 minutes afterward.

**WARNING:** Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs. Keep out of reach of children.

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berry flavor



# Strength & Muscle

Men's Formula

- Great tasting
- Quick absorbing\*
- Balanced pH\*
- Unique creatine formulation promotes maximum absorption\*

PERFORMANCE  
nutrition

30 SERVINGS NET WT 1.06 LB (16.9 OZ) 480 G DIETARY SUPPLEMENT

STRENGTH & MUSCLE MEN'S FORMULA

## Supplement Facts

Serving Size 1 Scoop (16 g) Powder  
Servings Per Container 30

**Amount Per Serving**

**Calories 35**

**% Daily Value\*\***

**Total Carbohydrate 8 g 3%\*\***

Sugars 8 g †

**Phosphorus 392 mg 39%**

**Sodium 175 mg 7%**

**Potassium 350 mg 10%**

**Creatine Monohydrate 5 g †**

\*\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value (DV) not established

**OTHER INGREDIENTS:** Dextrose, creatine monohydrate, monopotassium phosphate, disodium phosphate, citric acid, mixed berry flavor (natural and artificial), and stevia.

\*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.