

# STRENGTH & MUSCLE MEN'S FORMULA

Beachbody Nutritionals™

Put some muscle in your workouts.

To build lean muscle mass, muscle tissue must be broken down during exercise so that it can grow stronger as it repairs. Yet intense weight-bearing exercises can create lactic acid build-up that restricts muscle movement, which affects performance—and ultimately results. Our Strength & Muscle Men's Formula contains a combination of performance-enhancing ingredients, including creatine, that help you perform your Beachbody® workouts at a more intense level so that you gain greater strength and lean muscle mass.\*



## KEY BENEFITS\*

- **Safe and potent** formulation for better performance and results
- Supports increased **muscle volume**
- Contains a balanced pH that neutralizes stomach acids to help **eliminate cramping** associated with many other creatine supplements
- **Quick absorption** to get into your muscle faster
- **Flavorful, fruity taste**
- Available in **two convenient sizes**: 30- or 78-serving canisters

## USAGE

Mix one scoop (16 g) into 8 oz 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.

## THE BEACHBODY® DIFFERENCE

Unlike many creatine products that just sit in your stomach, Strength & Muscle Men's Formula is formulated to be absorbed into the bloodstream up to four times faster for enhanced performance and results.\*

## DID YOU KNOW?

- It is believed that 95–98 percent of the creatine in our body is stored in our muscles.
- Creatine is composed of three amino acids: arginine, glycine, and methionine. Our liver has the ability to combine these three amino acids and make creatine. The other way we get creatine is from our diet. However, it is virtually impossible to receive a beneficial amount of creatine from food alone.

As with any new supplement, meal replacement, or exercise program, you should always first consult with your health care provider about your unique needs.

\*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.

