

CX3

Scientifically Engineered Creatine



Size: NET WT. 517 G (1.13 LBS) | **Serving Size:** One (1) Scoop (11.5g) | **Servings Per Container:** 45 (Approx.)

Max Muscle Sports Nutrition is pleased to introduce **CX3**, an elite formula featuring multiple sources of the finest creatines available in the world including, **Creapure®**, **Creatine MagnaPower®** (Magnesium Creatine Chelate), and **Creatine Pyruvate**. Additionally, we have added the powerful supportive benefits of **Ribose**, **Alpha Lipoic Acid**, **Taurine**, **Cinnamon Extract**, **Biotin** and **Vitamin C**. **CX3** will provide you with the major fuels needed for high-intensity exercise, for enhanced muscle mass and strength.†

The **CX3** Proprietary Blend contains **Creapure®** Creatine Monohydrate, **Creatine MagnaPower®** (Magnesium Creatine Chelate), and **Creatine Pyruvate**. **Creapure®** is made in Germany by **AlzChem GmbH** and is an ultrapure creatine monohydrate, produced under a patented protected manufacturing process. The purity and quality is unsurpassed and your body will respond to this beneficial creatine monohydrate. **Creatine MagnaPower®** (Magnesium Creatine Chelate) is a patented ingredient by **Albion Labs**. **Creatine MagnaPower®** is a fully-reacted magnesium and creatine chelate. Magnesium is essential in the conversion of creatine to ATP. **Creatine MagnaPower®** has been shown to deliver 12% more free creatine to the body than a single serving of just creatine monohydrate. It is a stable molecule and will not convert to creatinine when exposed to stomach acid. **Creatine Pyruvate** has also been added as recent studies have shown that this form of creatine has a significant effect on raising blood levels of creatine.†

Creatine plays a vital role in energy production by recycling ATP (adenosine triphosphate) in muscles. ATP is the body's major molecule that produces "explosive" chemical energy within cells and is also known as "molecular currency" since it transfers energy within all cells of the body. Approximately 95% of the total body pool of creatine is found in muscles and the source of energy for all cellular functions including muscle contraction, DNA synthesis and protein synthesis. The ATP recycling function of creatine does not occur without magnesium because magnesium is the mineral cofactor required for creatine kinase, the enzyme which converts creatine phosphate into ATP. In fact, magnesium actually stabilizes ATP in the body. By combining magnesium and creatine into the same molecule, both of these nutrients are provided to optimize the energy producing pathways.

Creatine supplementation appears facilitates muscle creatine phosphate (PCr) resynthesis during the recovery phase following maximal exercise. Creatine phosphate prevents the rapid depletion of ATP in the muscle by providing readily available high-energy phosphate which is used to generate ATP from ADP. Magnesium optimizes the function of creatine kinase. Creatine phosphate is predominantly used in Type II (fast twitch) fibers and is the major fuel source for high intensity exercise. Many published studies indicate that creatine supplementation increases total body mass, the result of creatine-stimulated water retention and protein synthesis.

The addition of **D-Ribose** is beneficial in the formula as **D-Ribose** is a naturally occurring 5-carbon sugar found in all living cells and is a component of the energy generating ATP and NADH molecules. **D-Ribose** supports energy, endurance and muscle recovery and a powerful adjunct to creatine.

To complete the formula, **CX3** contains **Alpha Lipoic Acid (ALA)**, **L-Taurine**, **Cinnamon Extract**, and **Vitamin C**. **ALA** is an exceptionally multifunctional and versatile nutrient, being both water and fat soluble. **ALA** functions as a powerful antioxidant and has been added to the formula to enhance the uptake of creatine

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KEY FEATURES

- **The Ultimate Creatine Supplement!**
- **An Elite Creatine Formula featuring Creapure®, Creatine MagnaPower® (Magnesium Creatine Chelate), and Creatine Pyruvate.**
- **Supports Energy Production and Muscle Growth†**
- **Increases Muscle Strength and Endurance†**
- **Improves Performance†**

KEY MESSAGES

- *Creapure® Creatine Monohydrate is made in Germany by AlzChem GmbH and is an ultrapure creatine monohydrate, produced under a patent protected manufacturing process.*
- *Creatine MagnaPower® is a fully-reacted magnesium and creatine chelate. Creatine MagnaPower® has been shown to deliver 12% more free creatine to the body than a single serving of just creatine monohydrate.†*
- *Magnesium is essential in the conversion of creatine to ATP as an activator of creatine kinase.*
- *Creatine pyruvate has also been added as recent studies have shown that this form of creatine significantly raises blood levels of creatine.†*
- *Provides synergistic nutrients including, D-Ribose, Alpha Lipoic Acid, L-Taurine, Cinnamon Extract, Biotin and Vitamin C.*
- *Provides the major fuel sources for high-intensity exercise, for enhanced muscle mass and strength along with promoting lean muscle mass.†*

† 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.

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Supplement Facts

Serving Size: One (1) Scoop (11.5 gm)
Servings Per Container: 45 (Approx.)

	Amount Per Serving	% DV*
Calories	20	
Calories from Fat	0	
Total Carbohydrate	5 g	2%
Dietary Fiber	0 g	0%
Sugars	5 g	**
Vitamin C (ascorbic acid)	120 mg	200%
Biotin	333 mcg	111%
CX3 Proprietary Blend	5 g	**
[CreaPure®, Creatine MagnaPower® (magnesium creatine chelate), Creatine Pyruvate]		
D-Ribose	500 mg	**
L-Taurine	500 mg	**
Cinnamon Extract	250 mg	**
Alpha Lipoic Acid (thioctic acid)	50 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Directions: As a dietary supplement, take one (1) serving daily or 1 hour before your workout with 8 ounces of water or add to your favorite drink, non-acidic juice (ex., apple or grape) or protein shake. Stir briskly, shake or blend in a closed container for 15 seconds or until mixed. Add ice, sweetener, or increase water content to customize taste preference.

Other Ingredients: Dextrose and sucralose (sweetener).

Manufactured in a cGMP facility that processes milk, egg, fish, Crustacean shellfish, tree nuts, wheat and soybeans.

WARNING STATEMENT: Consult your physician prior to using this product if you are diabetic, pregnant, nursing, taking medication, under 18 years of age or have a medical condition.

Do not use for weight reduction.

STORE IN A COOL, DRY PLACE IN THE ORIGINAL CONTAINER AWAY FROM MOISTURE AND SUNLIGHT.

WHILE USING THE PRODUCT, STORING CONTAINER IN A REFRIGERATOR WILL PROLONG FRESHNESS. ALWAYS KEEP TIGHTLY SEALED. SHAKE WELL BEFORE EACH USE.

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into the muscle cells by providing a transport vehicle by it's unique ability to mimic insulin. L-Taurine is a non-essential sulfur containing amino acid with high concentrations found in skeletal muscles and appears to play a role in cellular defenses (cytoprotective) including DNA damage from free radical produced during exercise. L-Taurine is often depleted during extreme physical exertion and has been shown to prolong fatigue. L-Taurine has been added as an anti-catabolic nutrient. Cinnamon Extract has been added as studies have shown that it has the ability to promote upregulation of glucose metabolism in muscle cells. Cinnamon Extract also provides antioxidant protection. Vitamin C serves as one of the most powerful intracellular antioxidants in the body. Finally, Dextrose has been added to stimulate the release of insulin to enhance the uptake of creatine in muscles.

TARGET MARKET

Primary: Bodybuilders and strength training athletes looking to increase maximal strength and build muscle mass.

Secondary: Any athlete involved in high-intensity or speed sports such as sprinters, hockey, baseball, football, soccer players.

RECOMMENDED STACK

- Iso-Extreme
- Max Isolate

KEY REFERENCES

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Creatine MagnaPower® is a trademark of Albion Laboratories



Creapure® is a registered trademark of AlzChem LLC.



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