



Product Data Sheet

SCIENTIFICALLY ENGINEERED CREATINE



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 Peak ATP®, 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.†

Cx3 Proprietary Blend contains CreaPure®, 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 patent 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 in 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 (energy) 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 to facilitate 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 increase in body weight has been theorized to be the result of creatine-stimulated water retention and protein synthesis.

Cx3 contains Peak ATP® which is a beneficial form of ATP produced by a patented manufacturing process. Peak ATP® enhances the physiological levels of ATP in the body. Several randomized controlled clinical trials have confirmed the benefits of Peak ATP® supplementation for enhanced athletic performance and reducing muscle fatigue for both explosive power sports along with aerobic forms of exercise. 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.

(cont'd on p. 2)

Size: Net Wt. 517g (1.13 lbs.)
Serving Size: One (1) scoop (Approx. 11.5 gm)
Servings Per Container: 45

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® 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.†
- Contains Peak ATP®, a patented form of bioactive ATP shown to enhance the physiological levels of ATP in the body.†
- 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.†

Your assurance of quality®

1641 S. Sinclair Street • Anaheim, California 92806 • 714.456.0700 • 714.456.0727 fax

www.maxmuscle.com



Size: Net Wt. 517g (1.13 lbs.)
Serving Size: One (1) scoop (Approx. 11.5 gm)
Servings Per Container: 45

Supplement Facts

Serving Size: One (1) Scoop (Approx. 11.5 gm) Servings Per Container: Forty-Five (45)
 Calories: 20 Calories from Fat: 0

	Amount Per Serving	% Daily Value*
Total Fat:	0 g	0%
Trans Fat	0 g	0%
Cholesterol	0 g	0%
Sodium	0 g	0%
Total Carbohydrates	5 g	25%
Dietary Fiber	0 g	0%
Sugars	5 g	†
Protein	0 g	0%
Cx3 Proprietary Blend:	5 g	†
CreaPure®, Creatine MagnaPower® (Magnesium Creatine Chelate), Creatine Pyruvate		
Biotin	333 mcg	111%
Vitamin C	120 mg	200%
Peak ATP®	75 mg	†
Alpha Lipoic Acid (Thioctic Acid)	50 mg	†
D-Ribose	500 mg	†
L-Taurine	500 mg	†
Cinnamon Extract	250 mg	†

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

Directions: As a dietary supplement, take 1 serving (Approx 11.5 gm) daily or 1 hour before your workout with 8 ounces of water or fruit juice. Stay well hydrated throughout the day.

Suggested Use:

Creatine Loading: Take 1 serving **Cx3** (contains 5 gm creatine) four times per day for 5 days with 8 ounces water or non-acidic juice (e.g., apple or grape). If body weight is greater than 225 lb or elite athletes, take 1 1/2 servings four times per day for 5 days.

Creatine Maintenance: Take 1 serving of **Cx3** (contains 5 gm creatine) with 8 ounces water or non-acidic juice (e.g., apple or grape) daily. If body weight is greater than 225 lb or elite athlete, take 1 to 1 1/2 servings 2 times daily. For athletes wanting to promote additional gains in lean body mass, follow the Creatine Loading suggestions for 1 to 3 months.

Other Ingredients: Dextrose, Sucralose Sweetener.

CreaPure® is a registered trademark of AlzChem LLC.

Creatine MagnaPower® is a trademark of Albion Laboratories

Peak ATP® is a registered trademark of TSI Health Sciences, Inc.

Does not contain: Yeast, corn, wheat, soy, gluten, milk, salt, starch, preservatives or artificial color. Suitable for vegetarians/vegans.

ALLERGY INFORMATION: Manufactured in a facility that processes milk, soy and egg proteins, peanuts, other tree nuts and wheat.

Notice: This product contains D-ribose. D-ribose may cause hypoglycemia. Diabetics who use D-ribose should have blood glucose closely monitored. Diabetics should consult with their physician before using this product.

STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE AND SUNLIGHT. ALWAYS KEEP TIGHTLY SEALED. DO NOT REFRIGERATE.

WARNING: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician before starting any diet and exercise program and before using this product. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience unexpected side effects. If pregnant, nursing or taking prescription medications, consult a licensed healthcare practitioner prior to use. Drink at least 2 liters of water daily when using this product. DO NOT use for weight reduction.

KEEP OUT OF REACH OF CHILDREN.

(cont'd from p.1)

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 into the muscle cells by providing a transport vehicle by its 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.

Key References

1. Terjung RL, Clarkson P, Eichner ER, et al. American College of Sports Medicine roundtable. The physiological and health effects of oral creatine supplementation. *Med Sci Sports Exerc.* 2000 Mar;32(3):706-17.
2. Bemben MG, Lamont HS. Creatine supplementation and exercise performance: recent findings. *Sports Med.* 2005;35(2):107-25.
3. Demont TW, Rhodes EC. Effects of creatine supplementation on exercise performance. *Sports Med.* 1999 Jul;28(1):49-60.
4. Benzi G, Ceci A. Creatine as nutritional supplementation and medicinal product. *J Sports Med Phys Fitness.* 2001 Mar;41(1):1-10.
5. Kreider RB. Effects of creatine supplementation on performance and training adaptations. *Moc Cell Biochem.* 2003 Feb;244(1-2):89-94.
6. Buford TW, Kreider RB, Stout JR, et al. International Society of Sports Nutrition position stand: creatine supplementation and exercise. *J Int Soc Sports Nutr.* 2007 Aug 30;4:6.
7. Jager R, Harris RC, Purpura M, Francaux M. Comparison of new forms of creatine in raising plasma creatine levels. *J Int Soc Sports Nutr.* 2007;4:17-21.
8. Schedel JM, Tanaka H, Kiyonaga A, Shindo M, Schutz Y. Acute creatine loading enhances growth hormone secretion. *J Sports Med Phys Fitness* 2000;40:336-42.
9. Jordan AN, Jurca R, et al. Effects of oral ATP supplementation on anaerobic power and muscular strength. *Med Sci Sports Exerc.* 2004; 983-990.

(cont'd from p.1)

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

- Nitro EXT
- Xtinguisher
- Iso-Extreme