



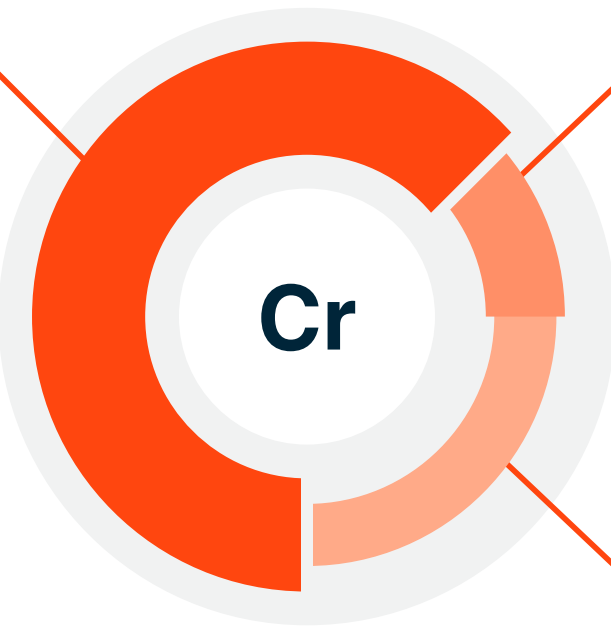
5g/d

CREATINE

Creatine provides energy rapidly during high intensity explosive movements, such as a deadlift, a snatch or a sprint start.

1g/d

MADE IN THE BODY (FROM ARGININE AND GLYCINE)



1.5g/d

FOUND IN THE FOOD WE EAT (MEAT AND FISH)



2

SCOOPS A DAY



30

DAYS' SUPPLY

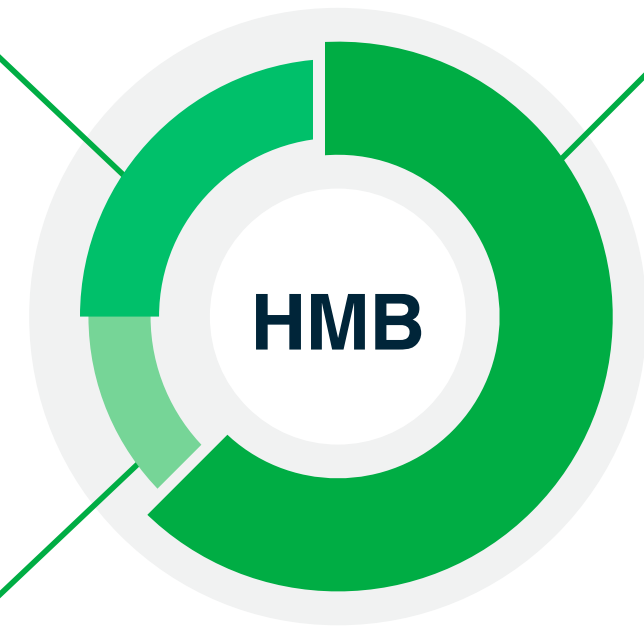
3g/d

HMB

HMB protects muscle from damage, reducing soreness and recovery time.

1g/d

MADE IN THE BODY (FROM LEUCINE)



0.5g/d

FOUND IN THE FOOD WE EAT (FISH AND GRAPEFRUIT)

RESEARCH SHOWS:

References found at www.blonyx.com



Taking HMB and Creatine increases strength with weight training.



Supplementing with HMB and Creatine speeds muscle growth.



HMB is shown to improve endurance performance running and cycling.



Taking HMB reduces the recovery time required between training sessions by reducing muscle damage.

IDEAL FOR:



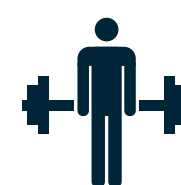
Weightlifters



Strength Athletes



CrossFit Athletes



Powerlifters



Athletes Wanting to Gain Muscle

SIMPLICITY IN PRODUCT - DEPTH IN SCIENCE - INTEGRITY IN MARKETING

www.blonyx.com