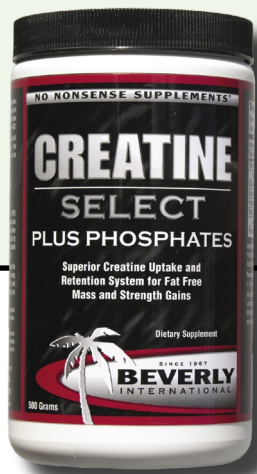


You Give Us 5 Days And We'll Give You Noticeably Improved Strength and Endurance

For many, creatine is considered a necessary supplement. What about you? Have you tried other brands of creatine before? Were you pleased with your results or did it leave you utterly unimpressed? Maybe you've been skeptical and have never used it at all. Either way, if you want a solid method of breaking through plateaus to **RAPIDLY** gain size and strength, this will prove to be very important information for you.

A True Tale From The Creatine Select Files

I love Beverly's Creatine Select. It is the most effective product I've ever used. I've used Creatine products over the years and was always left feeling bloated and fat... I decided to give Beverly's a shot. I couldn't believe what happened; I could actually SEE a difference. No bloating or feeling fat and my muscles were fuller and harder, I had more definition. I'VE NEVER SEEN ANYTHING LIKE IT! It's a shame not everyone can see this. Some people go for the cheapest – they're missing the best. - Gerardo Laracuente, NJ



It used to be that Creatine was considered a supplement no serious bodybuilder should do without. Yet for some, it has lost a bit of its "glamour". It's no surprise. The truth of the matter is that some of the heavily promoted creatine products just didn't deliver. In fact, some of them not only didn't help increase endurance and strength, but they caused an array of unpleasant side effects instead!

They Tried To Make Creatine 'More than It Was'...They Messed Up BIG!

What happened as soon as the athletic community started buying into the creatine craze? Some companies started adding sugar (the labels called it pharmaceutical dextrose) to their creatine products to try and get a market edge. That's when the downhill slide in effectiveness started. Millions of marketing dollars were poured into campaigns to sell those "sugary sweet" creatine products, as well as the assorted hybrids that surfaced complete with the normal outrageous claims. Unsuspecting purchasers had high expectations...but what they got instead was bloated, sugar-induced, water-pulling, gastrointestinal distress. This is what caused many bodybuilders to become "fed up" with creatine.

However, don't let greedy and silly attempts by some, fool you into thinking that creatine isn't effective. See, for over one-hundred years creatine has been studied, and quite extensively as it relates to muscle contraction, exercise, work and metabolism. There are volumes of research studies on the benefits of creatine monohydrate and phosphates individually but **ONLY A FEW** studies where creatine and phosphates were combined. (Wallace et al, 1997 and Eckerson, 2001.)

Those two studies revealed that subjects taking a creatine plus phosphate mixture out performed subjects taking creatine only by nearly a 300% ratio. They showed a significant increase in muscle power, (translates to more weight on the bar) and anaerobic work capacity, (i.e. more reps in the gym). It's creatine monohydrate in combination with selected phosphates that makes the difference between disappointment and seeing real results.

Research showed that creatine, (provided there is enough phosphate available to combine with it) will likely decrease fatigue, cause volume increasing effects in muscle cells through hydration, and may even increase the rate of satellite cell production and overall protein synthesis. In Supplements for Strength-Power Athletes (Antonio and Stout, 2002), the authors cite a study in which subjects were given 5 grams of creatine plus 1 gram of phosphate, four times a day OR 5 grams of creatine without phosphate, four times per day. The group that took the combination of creatine AND phosphate increased anaerobic work capacity by 49%. That's more than three times greater than the creatine-only group."



"This is the finest creatine you can find. Bar None!"

Creating A Superior CREATINE

Enter Beverly's **Creatine Select** Plus Phosphates. Looking at the research we knew that the fusion of creatine with phosphates would make a good supplement into a super synergistic supplement. We had our supplement lab find the correct ratio of creatine and the specific phosphates used in the research studies where creatine and phosphates were combined. They added some flavor and a small amount of an extremely high-grade maltodextrin, (we wouldn't allow just simple sugars, they used a five-chain saccharide, i.e. predominately a complex carb.)

Beverly's Owner Volunteered To The Guinea Pig Test!

Beverly's owner, Roger Riedinger, decided to be the guinea pig; (his wife and co-owner Sandy would tell you he was just "hogging" the product). Nonetheless, for five days he loaded four servings per day (5 grams creatine monohydrate, 700mg potassium phosphate and 300mg sodium phosphate). By the 3rd day, he was already noticing his rest periods were getting shorter and shorter between sets. Then after this "loading phase", the plan was to take just one scoop a day before training. Roger's lifts and reps kept going up.

The Beverly labs had created a new state of the art supplement we call **CREATINE SELECT** Plus Phosphates -it worked and it worked fast! Remember, for creatine to be effective in the muscle cell it must combine with a phosphate. Adding phosphates allows your body to load and retain more creatine. In short you'll increase your strength and muscle mass. The presence of additional phosphates during exercise can improve your body's ability to regenerate ATP. More ATP results in more reps with less fatigue.

You'll derive the greatest possible benefit from Beverly's synergistic combination of phosphate and creatine monohydrate powder. Creatine monohydrate is the form that most easily enters the blood stream, but for the muscle cell, to use it, a phosphate molecule **MUST** be attached. This is called phosphorylation. Your body can't always supply the phosphate it needs to maximize the effect of your creatine dose. But, when you supplement with the Beverly combination of creatine monohydrate with phosphate, you can train harder, with greater intensity, and recover faster. Users of Beverly's Creatine have never reported the kinds of problems common to other creatine formulas, but they have reported being able to increase their lifts, get more reps, reduce rest between sets, and a rapid gain in muscle.

How to Use Creatine Select Plus Phosphates

One of the best (and easiest) methods for using Beverly's **Creatine Select** is to add one scoop in 4-6 oz of water and consume 4 servings daily for 5 days. Then consume one or two servings daily. Best times are pre or post training, or just before a meal on non-training days. (This way you get to use the natural insulin production that occurs maximally with balanced meals rather than relying on expensive insulin mimicking substances.) For maximum gains in strength and size: Take one or two scoops of **CREATINE SELECT** with one serving Beverly Mass Maker before and/or after training. Take it before training and you will have one of the best workouts of your life – **GUARANTEED!**

You owe it to yourself to try Beverly's CREATINE SELECT PLUS PHOSPHATES. Give us 5-days and you'll see. We're confident that this will be one of your favorite Bev supplements. Remember, you risk nothing...if you don't agree...we'll give you your money-back! Call 1-800-781-3475 today and see for yourself –in 5 Days!

Look What's Inside Creatine Select

Supplement Facts:

Container Size: 500g
Serving Size: 1 Scoop
Servings Per Container: 41

Amount Per Serving:

Creatine Monohydrate	5g
Penta-Saccharide	5g
Maltodextrin (delivery system)	
Potassium Phosphate	700mg
Sodium Phosphate	300mg

Other Ingredients:

Natural Orange Flavor, Annatto (for color), Neotame sweetener

5 Right Reasons to Grab a Container of Creatine Select Today

- 1. This research proven formula allows the maximum amounts of creatine to enter the muscle cells.**
- 2. Superior results—the formula's select phosphates lower stomach acid levels that can destroy creatine.**
- 3. You get total transport – the sodium /potassium phosphate matrix rapidly shuttles creatine to muscle cells.**
- 4. There's NO ridiculous, unnecessary and unwanted sugar.**
- 5. Fast Results with a NO-NON-SENSE GUARANTEE - notice increased strength and endurance in just 5 days or your money back.**