

Contains No sugar, salt, dairy, yeast, wheat, gluten, corn, fish, shellfish, peanuts, soy, tree nuts, sesame, preservatives, artificial colors, artificial flavors.

Suggested Use: As a dietary supplement, adults take one (1) scoop in eight (8) oz. of water or juice, four (4) times daily during the first five (5) days (loading phase). After loading phase take one (1) or two (2) times daily or, as directed by a health care professional.

Store in a cool, dry place and away from direct light.

KEEP OUT OF REACH OF CHILDREN.

Creatine Monohydrate

SUPPORTS ENERGY, STRENGTH & EXERCISE PERFORMANCE†

GLUTEN FREE • NON-GMO • VEGAN

Dietary Supplement Net Wt. 8.8 oz. (250g)

SUPPLEMENT FACTS

Serving Size 1 Scoop (5 g)

Servings per Container 50

	Amount Per Serving	% Daily Value
Creatine Monohydrate	5 g	*

*Daily Value not established

Other Ingredients: None

Our Creatine Monohydrate Powder contains 100% pure Creatine Monohydrate. Each batch is tested by High Performance Liquid Chromatography (HPLC) or Capillary Electrophoresis (CE) to guarantee quality and purity.

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