

## THE BIGGER PICTURE OF CREATINE

Highly researched and well absorbed, creatine monohydrate has been shown to significantly boost muscle strength, power, and size during high-intensity activities.<sup>†</sup> Our Micronized Creatine Powder is made with Creapure™, a creatine monohydrate known for its exceptional purity and potency. It's also micronized (to make the particles smaller), so our powder mixes easier and stays suspended in liquid longer than other creatine supplements.

**SUGGESTED USE: CREATINE LOADING:** Take 1 rounded teaspoon of Micronized Creatine Powder with morning, afternoon, and evening meals and 1 additional rounded teaspoon before going to bed for 4-5 days to help saturate your muscles with creatine. **CREATINE MAINTENANCE:** Take 1 rounded teaspoon with a meal or immediately after training with your post-workout protein shake. **TIPS:** Drink at least 8 glasses of water daily when supplementing with creatine. Consuming simple carbohydrates with creatine may help improve overall effectiveness.

**KEEP OUT OF REACH OF CHILDREN. CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT IF YOU ARE UNDER 18 YEARS OF AGE, PREGNANT OR NURSING A BABY OR IF YOU HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITION(S) AND/OR ARE TAKING ANY PRESCRIPTION OR OTC MEDICATION(S).**

STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.

<sup>†</sup>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.

## Supplement Facts

Serving Size 1 Rounded Teaspoon (5 g)  
Servings Per Container 60

### Amount Per Serving

Creatine Monohydrate 5 g\*

\* Daily Value not established.

**OTHER INGREDIENTS:** None

**DIRECTIONS:** Add 1 rounded teaspoon of Micronized Creatine Powder to a glass filled with 8-12 oz of cold water or fruit juice. Then mix it up with a spoon.

**TIP:** Power-up protein, meal-replacement, and weight-gainer shakes with a rounded teaspoon of Micronized Creatine Powder.

PATENTED CREATINE FORMULA

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