



**RONNIE COLEMAN
SIGNATURE SERIES**



**CREATINE
XS**

PURE MICRONIZED CREATINE MONOHYDRATE POWDER

SUPPLEMENT FACTS

Serving Size: 1/2 Scoop (2.5 grams)

Servings Per Container: 120

Amount Per Serving		% Daily Value†
Creatine Monohydrate	2.5 g	‡

† Percent Daily Values are based on a 2,000 calorie diet.

‡ Daily Value Not Established.

- Strength*
- Recovery*
- Lean Muscle Mass*
- Muscular Response*
- Maximize ATP*
- Increase Energy*
- Performance*

The Difference

Creatine Monohydrate has earned its place in the supplement hall of fame. No other ingredient has been tested over and over as much as Creatine while consistently producing the same result... IT WORKS. Creatine Monohydrate has been proven in numerous studies to increase exercise performance. Because CREATINE-XS® is micronized it easily dissolves into any beverage of your choice. Whether you are trying to gain muscle or lean up, you can't go wrong with good 'ole fashioned pure creatine monohydrate.*