

Directions: Mix 1 scoop with 8oz of water 1-2 times daily. For more impressive results, replace water with a carbohydrate beverage or sports drink.

WARNING: Do not use if pregnant or nursing. Consult a medical doctor before starting a diet or exercise program.

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Creatine Monohydrate

Unflavored

100 Servings
Dietary Supplement
Net Weight 17.64oz (500g)

SUPPLEMENT FACTS

SERVING SIZE: 1 SCOOP (5G)
SERVINGS PER CONTAINER: 100

	Amount Per Serving	%DV
Creatine Monohydrate	5000mg	**

*The % Daily Values are based on a 2,000 calorie diet.
**% Daily Value not established

Allergen Warning: This product is manufactured with equipment that process products that may contain milk, egg, soy, tree nuts, peanuts, wheat, fish, crustaceans & shellfish.

Manufactured for: