

ITEM #901
B67900 06G



CREATINE POWDER

HPLC Pure Creatine Monohydrate

- **Promotes Muscle Strength, Power and Recovery from Exercise***

Dietary
Supplement

Net Wt. 14.1 oz. (400 g)

Supplement Facts

Serving Size 1 Heaping Teaspoon (5 g)

Servings Per Container About 80

Amount Per Serving	%Daily Value
HPLC Pure Creatine Monohydrate 5,000 mg (5 g)	**

**Daily Value not established.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Soy, No Egg, No Corn, No Grapefruit, No Fish, No Sweetener, No Sugar, No Starch, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you have kidney disease. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

DIRECTIONS: For adults, take one (1) heaping teaspoon (5 g) daily. Mix with juice or other glucose-containing liquid. Creatine should be consumed within 10 minutes after mixing. Take this product with an adequate fluid intake. It is important to check with your health care providers before beginning any diet or exercise program.

Creatine is a key player in energy transfer within muscles.* The majority of the body's Creatine is located in the skeletal muscles where it exists in free form and as creatine phosphate.

As a supplement that helps to promote athletic performance, Creatine enhances the ability to produce higher muscular force, especially during short bouts of maximal exercise.* Creatine is an excellent supplemental choice for athletes and active adults.

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

Manufactured by Good 'N Natural, Bohemia, NY 11716 USA
800-544-0095 www.GOODNNATURAL.com © 2011 Good 'N Natural