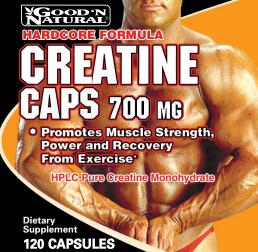




ACTUAL SIZE



Supplement Facts

Serving Size 6 Capsules Servings Per Container 20

Amount Per Serving %Daily Value

HDI C

4.200 mg (4.2 g)

Pure Creatine Monohydrate

**Daily Value not established.

Other Ingredients: Gelatin. Contains <2% of: Silica, Vegetable Magnesium Stearate.

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.

*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 6 capsules daily with juice or other glucose-containing liquid. Take this product with an adequate fluid intake.

Creatine enhances the body's ability to produce higher muscular force, especially during short bouts of maximal exercise."

Each capsule contains HPLC Pure Creatine Monohydrate 700 mg.

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

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. Discontine use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the ago of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Laboratory tested to meet strict quality control standards for potency, purity and disintegration.

Manufactured by

Good 'N Natural Manufacturing Corp., Ronkonkoma, NY 11779 USA

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