

World's First Double-Strength Concentrated Creatine

CreaCore™ represents the evolution of the concentrated creatine powder. Dosed with over 2x more creatine HCl per scoop, CreaCore™ is also the first and only creatine formula to utilize a scientifically studied dose of fenugreek extract for improved effects. Don't just take any creatine, choose one with superior ingredients. Choose CreaCore™.

More Creatine per Serving

- Unlike the other concentrated creatine powder that recommends a "micro-dosing" protocol that can have you taking up to 4 scoops a day, CreaCore™ delivers more creatine HCl in just 2 concentrated scoops. Not only does every bottle of CreaCore™ deliver more value, it also delivers results supported by scientific research. ▲

Increased Muscle Growth and Strength

- CreaCore™ is formulated with a precise ratio of creatine and fenugreek extract (3500mg:900mg). In a 2011 published clinical study, subjects supplementing with this combination significantly increased their bench press one-rep max, leg press one-rep max and lean mass – all without having to add extra carbohydrates. ▲

Taylor et al., 2011. *Journal of Sports Science and Medicine*. 10:254-260.

Improved Creatine Uptake

- Researchers believe that ingesting fenugreek in combination with creatine may be an effective way for improving creatine uptake similarly to dextrose, without having to ingest large amounts of simple carbohydrates. ▲

Super Concentrated Formula – No Cycling, No Loading and No Bloating



CONCENTRATED SERIES

CREACORE™

Double-Strength Concentrated Creatine

Muscle • Strength • Power ▲

80 Super-Concentrated Doses

LEMON LIME

Net Wt. 10.3 oz. (293g)

Dietary Supplement

NEW

**OVER 2X
MORE POTENT**

**Delivers 3.5g Creatine HCl*
Plus Fenugreek Extract**

*2-scoop serving

POWERED BY CLINICALLY RESEARCHED DOSES

Supplement Facts

Serving Size: 1 Scoop (3.7g)

Servings Per Container: 80

Amount Per	1 Scoop	% Daily Value	2 Scoops	% Daily Value
Creatine HCl	1,750mg	†	3,500mg	†
Fenugreek extract (as <i>Trigonella foenum-graecum</i>) (seed)	450mg	†	900mg	†

† Daily Value not established.

OTHER INGREDIENTS: NATURAL AND ARTIFICIAL FLAVORS, SODIUM BICARBONATE, CALCIUM CARBONATE, SUCRALOSE, ACESULFAME-POTASSIUM, FD&C YELLOW NO. 5, FD&C BLUE NO. 1. PROCESSED IN A FACILITY THAT ALSO PROCESSES MILK, EGG, WHEAT, SOY, PEANUT, AND TREE NUT INGREDIENTS.

Directions: Mix 1 serving (1 scoop) with 5 oz. of water once daily. For full effects, mix 2 scoops with 10 oz. of water. On workout days, consume immediately after your workout. Read the entire label before use and follow directions provided. As with all creatine products, maintain an adequate state of hydration during use.

CreaCore™ is manufactured according to cGMP standards, as is required for all dietary supplements.

▲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.

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WARNING: Not intended for use by persons under 18. Do not use if pregnant or nursing. Discontinue use and consult a medical doctor if you experience unusual symptoms. Consult a medical doctor before use if you have been treated for, or diagnosed with, or have a family history of any medical condition, or if you are using any prescription or over-the-counter drug(s), including blood thinners. Consult a medical doctor before starting any diet or exercise program. Do not exceed recommended serving. Improper use of this product will not improve results and is not advised. Use only as directed. **Do not use if packaging has been tampered with.** Store in a cool, dry place (60°F to 80°F). **KEEP OUT OF REACH OF CHILDREN.**

