

CODE 2035 

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ACTUAL SIZE

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108
Made in the U.S.A.
Visit us at www.nowfoods.com

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Creatine Monohydrate is a naturally occurring compound found in the human body and obtained in the diet primarily from meat and fish. Creatine is a popular supplement among active individuals because of its ability to serve as an energy reservoir, especially during intense physical exertion. During short, intense bursts of activity, the body breaks down adenosine triphosphate (ATP) into adenosine diphosphate (ADP) and phosphate for energy. Creatine helps the body convert ADP back to ATP, providing greater amounts of ATP for energy, which may increase short-term endurance and strength. Creatine can also be stored for later use by cells, creating the "energy reservoir" active individuals desire.*

SUGGESTED USAGE: As a dietary supplement, take 6 capsules with fruit juice or other sweetened liquid 4 to 6 times daily, before and after exercise, for the first 7 days. Thereafter, for maintenance use, consume 6 capsules 1 to 3 times daily. Allow 3 to 4 hours between doses.

CREATINE Monohydrate

750 mg
Made in the U.S.A.
ATP Energizer
120 Capsules

A Dietary Supplement

now
SPORTS



This seal certifies that the manufacturer of this product uses quality systems and procedures that comply with NFPA's Dietary Supplement GMP standards. The quality of individual ingredients, however, has not been certified.

Supplement Facts

Serving Size 6 Capsules (4.5 g)
Servings Per Container 20

	Amount Per Serving	% Daily Value
Calories	10	
Creatine Monohydrate	4.5 g (4,500 mg)	†

† Daily Value not established.

Other ingredients: Gelatin (capsule) and Magnesium Stearate.

Creatine may be especially useful for those doing short-term, intense (anaerobic) exercise, such as weight lifting, football, basketball, swimming, skiing and cycling.

Contains no yeast, wheat, gluten, corn, soy, milk, additives or preservatives.

NOW® Creatine is an ingredient sourced exclusively from U.S. manufacturers.