NOW SPORTS

Creatine Monohydrate

100% Pure Powder

ATP Energizer*

Net Wt. 1 kg (2.2 lbs.)

QUALITY GMP ASSURED

SUGGESTED USAGE: As a dietary supplement, mix 1 heaping teaspoon in fruit juice or other sweetened liquid 3 to 4 times daily, before and after exercise, for the first 7 days. Thereafter, for maintenance use, consume 1 to 3 times daily. Allow 3 to 4 hours between doses. For continuous use beyond 28 days, use one serving daily. Consider taking this product in combination with NOW® Pyruvate, D-Ribose and Carbo Gain.

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.* NOW® Creatine Monohydrate is 100% pure and contains no additives or preservatives.

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

Caution: Consult a physician if you have impaired kidney function or are taking any prescription medications that affect kidney function.

Supplement Facts

Serving Size 1 Heaping Teaspoon (5.0 g)
Servings Per Container 200

	Amount Per Serving	% Daily Value
Calories	15	
Creatine Monohydrate	5.0 g (5,000 mg)	†

† Daily Value not established.

Other ingredients: None.

Manufactured by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108
Made in the U.S.A. www.nowfoods.com

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives. **Vegetarian/Vegan Product.**

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

This product is sold by weight not volume.

Store in a cool, dry place. Please Recycle.

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A Dietary Supplement Vegetarian Product