

CODE 2039

V4

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ACTUAL SIZE

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

*These statements have 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 3 tablets with 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 3 tablets 1 to 3 times daily. Allow 3 to 4 hours between doses. For continuous use beyond 28 days, use one serving (3 tablets) daily. Consider taking this product in combination with NOW® Pyruvate, D-Ribose and Carbo Gain.

CREATINE Monohydrate

1500 mg

Fast Acting Disintegration

ATP Energizer*

100 Tablets

A Dietary Supplement




Supplement Facts

Serving Size 3 Tablets (4.5 g) Servings Per Container 33

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

† Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source) and Silica.

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

NOW® Creatine Monohydrate Tablets are specially formulated to meet or exceed USP standards for disintegration.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Store in a cool, dry place. Please Recycle.

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