

Do not accept if seal is broken. Product No. 1871
Store between 59°-86° F. Keep out of the reach of children.
Tested by HPLC and proven free of impurities.

WARNING: Not intended for use by pregnant or nursing women. Consult your doctor before use if you have or have had kidney disease. Not for use by those under the age of 18. If you are taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. **NO:** Yeast, corn, wheat, soy, gluten, milk, salt, sugar, or preservatives.

** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Lot No:

Best by:



This product has been manufactured at
an NSF GMP Registered facility.

BIOCHEM
SPORTS

ULTIMATE™

CREATINE

MONOHYDRATE

MICRONIZED

Certified **GF** Gluten-Free

Gluten-Free

*Pre- & Post-Workout Enhancer***

Dietary Supplement

Net Wt. 325 g (11.4 oz.)

Directions For Use: LOADING PHASE: Adults mix one (1) teaspoonful (5 g) with juice or water four (4) times daily for five (5) days on an empty stomach.

WORKOUT ENHANCEMENT: Adults mix one (1) teaspoonful (5 g) with water 1/2 hour before workout. One teaspoonful (5 g) immediately after workout, mixed with juice, water or BIOCHEM'S ULTIMATE PROTEIN SYSTEM® DRINK. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 teaspoon (5 g)

Servings Per Container About 65

Amount Per Serving

Creatine Monohydrate	5 g *
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* Daily Value not established.

Manufactured by Country Life, LLC (Biochem)
180 Vanderbilt Motor Parkway
Hauppauge, NY 11788
www.biochem-fitness.com

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