

1-000-9303-00

**TRUE STRENGTH™**

WWW.OPTIMUMNUTRITION.COM

PRE-LOAD CREATINE COMPLEX



Nutrition Information

FLAVOR:

Fruit Punch

SIZE:

2 lbs. (\$17.69)

QUANTITY:

1

To maximize its impact on performance, creatine must first get inside the muscles. While pure creatine works well on its own, it's possible to achieve faster delivery and greater overall results by combining this proven ingredient with synergistic compounds in precise ratios. Building upon a foundation of fast-acting Creapure Creatine, we've added a proprietary matrix of fast-acting, easy-digesting carbohydrates, nutritive electrolyte transporters, and key volumizing amino acids to accelerate delivery and elevate muscle creatine retention. At the same time BCAA, phosphate, and trimethylglycine fortification further supports muscle recovery and regeneration. Undeniably, this advanced new Pre-Load Creatine Complex formula is designed to provide benefits well beyond those of standard creatine products.

BEYOND THE BASICS

10 G Creapure Creatine
70 G Fast-Acting Carbs
3 G Glutamine + Taurine
2 G BCAAs
500 MG Trimethylglycine
Electrolyte Transporters

GRAMS OF CREATINE:	GRAMS OF FAST CARBS:	GRAMS OF GLUTAMINE + TAURINE:	GRAMS OF BCAAs
10	70	3	2

Pre-Load Creatine Complex, Fruit Punch, 4 lbs. x 1

PRE-LOAD CREATINE COMPLEX

Serving Size
Servings Per Container

1 Scoop (47.5 g)
19

2 Scoops (95 g)
9

Amount Per Serving

% Daily Value

% Daily Value

Calories	140	280
Total Carbohydrate	35 g 12%*	70 g 23%*
Sugars	32 g **	63 g **
Phosphorus	140 mg 14%	280 mg 28%
Magnesium	34 mg 9%	68 mg 17%
Sodium	50 mg 2%	100 mg 4%
Potassium	85 mg 2%	170 mg 5%
Creatine Monohydrate	5 g **	10 g **
L-Glutamine	1 g **	2 g **
L-Taurine	500 mg **	1 g **
L-Leucine	500 mg **	1 g **
L-Isoleucine	250 mg **	500 mg **
L-Valine	250 mg **	500 mg **
Trimethylglycine	250 mg **	500 mg **

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

OTHER INGREDIENTS: Dextrose, Waxy Maize Starch, Isomaltulose (Palatinose™), Natural & Artificial Flavor, Citric Acid, diMagnesium Phosphate, Sodium Phosphate, diPotassium Phosphate, Malic Acid, FD&C Red # 40.