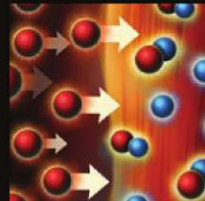
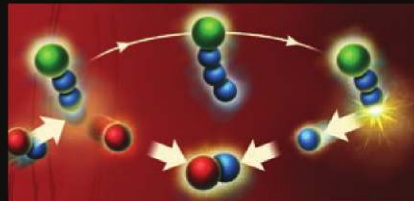


CREATINE FUELS ATP ACTIVATION FOR EXPLOSIVE MUSCLE STRENGTH**

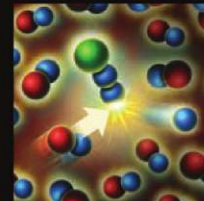


CREATINE is the body's natural Power Reservoir that makes short-burst, explosive muscle contractions possible. Whether produced in the body or consumed as a supplement, **CREATINE** is transported into muscle tissues where it is stored as phosphocreatine.**



Phosphocreatine activates ATP (Adenosine Triphosphate) molecules – the intracellular “energy mechanisms” that fuel powerful muscle contractions.**

CYTOSPORT CREATINE MONOHYDRATE is 100% pure Creapure® Creatine Monohydrate. Creapure® is produced in Germany under the strictest of manufacturing guidelines that result in a product guaranteed to be highest in quality, purity and safety. No fillers or fluff – this product is just pure maximum performance **CREATINE** Monohydrate.



The body can only store small amounts of ATP, the limiting factor of muscle contractions. Supplemental **CREATINE** helps super-saturate muscle tissues with phospho **CREATINE**.

This substantially increases ATP activation yielding greater explosive power output, faster between-set energy repletion, and increased training intensity.**

BUILDING ATHLETES FROM THE INSIDE OUT™

CREATINE

PURE CREATINE MONOHYDRATE

UNFLAVORED

NET WT 17.6 OZ
1.1 LBS (500g)

SUPPORT
MUSCLE
RECOVERY**

IMPROVE
ENDURANCE**

INCREASE
MUSCLE
STRENGTH**

DIETARY SUPPLEMENT
PERFORMANCE ESSENTIAL

CYTOSPORT

MANUFACTURED
FREE OF
BANNED SUBSTANCES
IN A NSF GMP FOR SPORT
REGISTERED FACILITY

Supplement Facts

Serving Size 5g (1 heaping scoop) about 1 teaspoon
Servings Per Container 100

Amount Per Serving		Daily Value
Creatine Monohydrate (Creapure®)	5g	*
*Daily value not established		

Creapure® is a licensed registered trademark of AlzChem Trostberg GmbH.

*Our products are manufactured in compliance with NSF International's GMP for Sport™ Registration, including semi-annual audits, verifying that no NSF 306-Certification Guideline Annex A List banned substances exist in our facility.

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

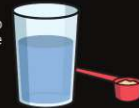
DIRECTIONS and USE

Use as a dietary supplement, use 1-3 servings (5g/serving). Mix with water or beverage of your choice.

CytoSport products complement a healthful eating and hydration plan that, when combined with a balanced exercise program may contribute to healthy weight management and recovery from exercise. Use as part of a well-balanced diet.

When taking any creatine supplement it is important to stay hydrated. Drink 128 fl-oz of water daily to ensure adequate hydration.

Do not use this product as your sole source of nutrition.



For Information on CytoSport Quality Products or to report adverse effects

Call 1-888-298-6629 or email
productquestions@cytosport.com

Manufactured by CytoSport, Benicia, CA 94510
www.cytosport.com
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