

LIFESTYLE

FITNESS & NUTRITION



CREATINE MONOHYDRATE

Store in a cool, dry place with lid tightly closed to protect from humidity.

This bottle was sealed for your protection. Do not use if inner or outer seal has been broken.

This product contains no sugar, starch, preservatives or artificial colors or flavoring.

CAUTION: Do not exceed recommended dose. This product is not intended for pregnant or nursing mothers or children under the age of 18. Maintain sufficient fluid intake while taking this product. If you have a known medical condition and have questions about the advisability of taking this product, consult your physician prior to use.

Manufactured For:
Lifestyle Fitness and Nutrition LLC.
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West Chester, Ohio 45069
(513)759-1805
www.LFNonline.com

Supplement Facts:

Serving Size: 1 Scoop (5 Grams)

Serving per container: 60

	Amt. Per Serving	% Daily Value
Creatine Monohydrate	5g	*
(as Pure Micronized Elemental Premium Creatine)		

* Daily value not established.

Other Ingredients: None

Suggested Use: Adults take 5g (one scoop) 2 - 4 times daily, with water or meal.

This product is manufactured in a facility that processes other products which may contain soy, dairy, wheat, tree nuts, shellfish, peanuts and eggs.

**DIETARY SUPPLEMENT
300 GRAMS**