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SUGGESTED USE: Mix 1 heaping scoop in a small amount of filtered water or juice, or as directed by your healthcare professional.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged. Avoid if allergic to any ingredient.

STORAGE: Keep tightly closed in a cool, dry place.

Optimal Creatine utilizes creatine bound to magnesium in order to facilitate and optimize absorption.*

†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.

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PHYSICIAN FORMULATED



Seeking Health®
Optimal Creatine

Dietary Supplement

NET WT 8.73 OZ (247.5 G)

Supplement Facts

Serving Size: 1 Heaping Scoop (About 1.1 g)

Servings Per Container: About 225

	Amount Per Serving	%DV
Magnesium (as Creatine MagnaPower® magnesium creatine chelate)	88 mg	21%
Creatine (as Creatine MagnaPower® magnesium creatine chelate)	500 mg	*

* % DV (Daily Value) Not Established.

Other Ingredients: None.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, artificial flavors, or artificial colors.

Optimal Creatine Meets or Exceeds cGMP Quality Standards.



* Creatine MagnaPower® and the Albion Gold Medallion design are a registered trademarks of Albion Laboratories, Inc.

REV. 011017

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