

MICRONIZED CREATINE™

MICRONIZED CREATINE MONOHYDRATE

Creatine* – Creatine is an acid that is produced in the liver and made from three amino acids: arginine, glycine, and methionine. Creatine supplies energy to muscle cells and helps recycle ATP energy. When ATP energy is spent it becomes ADP. Creatine phosphate converts ADP back into ATP and restarts the cycle. This process has many advantages, including an increase in muscular contraction time that allows you to work out harder before experiencing muscle failure.*

Cinnulin PF™* is a patented, concentrated cinnamon (*Cinnamomum burmannii*) extract. The 100% water-soluble product undergoes a specialized extraction process that maintains the natural content of cinnamon's polyphenol polymers. Research suggests that Cinnulin PF™ may improve the impact of creatine monohydrate on muscles.*

WARNINGS: KEEP OUT OF THE REACH OF CHILDREN. Not for use by individuals under the age of 18. Do not use if pregnant or nursing. Do not exceed recommended dosage. Always consult a physician prior to using any dietary supplement.

ALLERGEN WARNING: This product was produced in a facility that may also process ingredients containing milk, egg, soybeans, fish, shellfish, tree nuts, and peanuts. STORAGE CONDITIONS: Store in a cool dry place.



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**TOP
SECRET**
NUTRITION

DIETARY
SUPPLEMENT

MICRONIZED CREATINE™

WITH CINNULIN PF®

Micronized Creatine:

- **Enhanced With Cinnulin PF® To Increase Effectiveness***
- **Micronized For Better Absorption***
- **Unflavored Easy To Digest***

66 SERVINGS
NET WT 0.728 LB (11.64 OZ) 330 G

MICRONIZED CREATINE MONOHYDRATE

Supplement Facts

Serving Size 5 g (1 Scoop) Servings Per Container 66

	Amount Per Serving	% Daily Value*
PROPRIETARY CREATINE BLEND		
Micronized Creatine monohydrate, Cinnulin PF® (<i>Cinnamomum burmannii</i>) (Bark)(water extract)	5,000 mg	†

* Percent Daily Values (DV) are based on a 2000 calorie diet.
† Daily value not established.

DIRECTIONS: Mix 1 full scoop of in 8-10 ounces of your preferred beverage.

Cinnulin PF® is a registered trademark of Integrity Nutraceuticals, Inc.



*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.

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