

CREATINE MONOHYDRATE IS ONE OF THE MOST EXTENSIVELY researched sports supplements. Numerous studies have demonstrated its effects on muscle size, strength and power.▲ ABB's Crea-Force® provides ultra premium Creapure® Creatine Monohydrate. We made it unflavored for stacking and left out all the carbs and sugar. That's taking performance to a much greater level.

- **5 G** of Creatine Per Serving
- **Unflavored for Stacking Versatility**

▲ These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



FPO UPC



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CREA- FORCE®

CREATINE MONOHYDRATE SUPPLEMENT

5G
CREATINE
PER SERVING

UNFLAVORED

NET WT. 1.1 LB (500 G)

95
SERVINGS

Supplement Facts

Serving Size 1 Rounded Teaspoon (5.25 g)

Servings Per Container 95

Amount Per Serving

Creatine Monohydrate 5 g*

* Daily Value not established.

OTHER INGREDIENTS: None.

Manufactured and Distributed by:
ABB PERFORMANCE
Walterboro, SC 29488
1-866-353-9222
WWW.ABBPERFORMANCE.COM

This product contains
ingredients of international
and domestic origin



NOTICE: Do not use as a sole source of nutrition. Not for use by those with pre-existing medical conditions or taking any medications, those under the age of 18 or women that are pregnant or nursing. Store in a cool, dry place. Contents sold by weight not volume.



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DIRECTIONS

- Pour the desired amount of water or your favorite beverage into a glass
- Mix in 1 rounded teaspoon of Crea-Force® Powder
- Stir clockwise & counter-clockwise until thoroughly mixed

ADVANCED OPTIONS

- Stack Crea-Force® with your post-workout protein shake and/or Gluta-Force® to create an even more effective recovery supplement▲

SUGGESTED USE

Loading Phase: Consume 4 single-teaspoon servings spaced evenly throughout the day for 1 week.

Maintenance Phase: Consume 1 serving daily post-workout to support muscle size and strength goals▲.

UNFLAVORED