THE FUTURE OF CREATINE™

- **Proven Superior Solubility** (59x Increase)[1]
- **Proven Superior Plasma Uptake** (70% Increase)[2]
- **Unique Creatine Micro-Dosing® Based on Body Weight**
- **No Loading, No Cycling, No Side Effects***
  (No Cramping, Bloating, Water Retention, or GI Issues)

[1] CON-CRĒT has been repeatedly shown to have at least 59x greater aqueous solubility than creatine monohydrate when stirred for 2 minutes or less *(See website for study summary. Research on file.)*

[2] Versus creatine monohydrate *(See website for study summary. Research on file.)*

For more information on the benefits & science, visit www.CON-CRĒT.com

CON-CRĒT complies with all drug and doping control standards issued by professional and amateur athletic organizations. CON-CRĒT complies with cGMP.

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REV 2011

ProMera Sports
61 Accord Park Dr., Norwell, MA 02061
Manufactured in the U.S.A.
by Vireo Systems, Inc.
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CON-CRĒT®

POWDER

The World's First & Only

CONCENTRATED CREATINE

LEMON LIME

STACK WITH BETA-CRĒT

*Strength, Endurance Recovery**

Serving Scoop Included

DIETARY SUPPLEMENT | PRE & POST WORKOUT | NET WT 48 G (1.70 OZ)

Supplement Facts

Serving Size 1 Scoop (approx 1000 mg) per 100 pounds of body weight
Servings Per Container 48

	Amount Per Serving	% Daily Value
Creatine HCl*	**750 mg**	**

** Daily Value Not Established

Other Ingredients: Modified Starch, Maltodextrine, Essential Oils, Natural Flavoring, Sucralose, Tricalcium Phosphate

RECOMMENDED USE: As a dietary supplement take 1 hour prior to training with approximately 4-6 ounces of water. CON-CRĒT can be taken on an empty stomach or with food or mixed with protein.
Normal Training: 1 serving per 100 pounds of body weight.
Intense Training: 1-2 servings per 100 pounds of body weight.
Off Days: Can take 1 serving per 100 pounds of body weight to assist in muscle recovery.

WARNING: Consult a physician or healthcare provider before using this or any other dietary supplement or starting any exercise program. Do not exceed recommended dose. Maintain adequate hydration when using. CON-CRĒT is not a steroid. It is safe and legal. Exposure to moisture and humidity may cause clumping but will not affect the product. Stirring is suggested prior to use.

* **When used as directed.** ***PATENT PENDING**

* 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.