

Creatine is synthesized from the amino acids glycine, arginine and methionine within the body. Taking supplemental doses of creatine monohydrate can increase muscle creatine and phosphocreatine (PC) concentrations.** These increases can lead to improvements in muscle, energy, production and recuperation. Muscle PC is used as a high-energy substrate (fuel) required for immediate bursts of energy during high intensity and anaerobic exercise. Bodybuilders and athletes often notice remarkable increases in muscle cell size and strength, reduced fatigue and faster recovery.** Best results are achieved when creatine is taken with glucose or dextrose containing fluids or foods.

- Enhances lean muscle mass and strength**
- Increases phosphocreatine levels in muscles**
- Decreases recovery time and soreness following exercise**

**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.



CREATINE MONOHYDRATE 325

Supports Fast
Recovery
After Exercise**

HPLC Tested
for Purity
100% Micronized

Enhances Athletic
Performance**



NET WT 0.715 lbs (325 g)
DIETARY SUPPLEMENT

Suggested Usage: Take 1 scoop (5 grams) daily or as directed by your qualified healthcare provider. Spreading a daily dose taken at different intervals throughout the day can optimize absorption. Otherwise it is recommended to take immediately following exercise with high glycemic carbohydrates.

Supplement Facts

Serving Size 1 scoop (5 grams)
Servings Per Container 65

	Amount Per Serving	% Daily Value*
Creatine Monohydrate	5,000mg	†

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: None.

Contains **NO** added milk, egg, soy, peanut, tree nut, fish, shellfish, wheat, gluten or yeast ingredients.

This product is manufactured in a facility that processes other products that can contain milk or egg.

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