



- Superior Solubility*
- Superior Plasma Uptake*
- No Loading, No Cycling*
- Creatine Micro-Dosing® Based on Body Weight
- No Cramping, Bloating, Water Retention, or GI Issues, when used as directed*



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

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. Exposure to moisture and humidity may cause clumping but will not affect the product. Stirring is suggested prior to use. **KEEP OUT OF REACH OF CHILDREN. IF PREGNANT OR NURSING,** consult a healthcare professional before use.

*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.

POWDER

CON-CRET®

CREATINE MICRO-DOSING®

LEMON LIME

NATURALLY & ARTIFICIALLY FLAVORED

Promote

Strength, Endurance & Muscle Recovery*

Serving Scoop Included

CREATINE SUPPLEMENT

NET WT 24 G (.84 OZ)

**STACK WITH
BETA-CRET**

Supplement Facts

Serving Size 1 Scoop (1000 mg)
Servings Per Container 24

	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 ADULT USE: As a dietary supplement take 30 to 45 minutes prior to training with approximately 4-6 ounces of water. CON-CRET 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: Consume 1 serving per 100 pounds of body weight to assist in muscle recovery.

U.S. Pat. No. 8,026,385

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