

Take the Pure Advantage™

Pure Advantage Creatine Monohydrate increases the body's ability to produce energy rapidly. With more energy, you can train harder, more often & produce faster results.

Creatine is one of the most-researched sports supplements on the market. Creatine is a metabolite that is naturally produced in the body, where it exists additionally in the form of creatine phosphate. Creatine is also found in foods such as meat, eggs and fish.

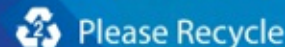
Research shows that creatine is most effective in high-intensity training and explosive activities. Athletes in football, baseball, sprinting, cross-fit & weight training can benefit from creatine since it improves power output. A study from the Journal of American Dietetic Association shows that creatine supplementation enhances muscular performance during high-intensity resistance exercise. Creatine also contains a variety of health benefits, including neuroprotective and cardioprotective properties.

Creatine is allowed by the International Olympic Committee, National Collegiate Athletic Association (NCAA), and professional sports.

*These statements have not been evaluated by the FDA.

This product is not intended to diagnose, treat, cure or prevent any disease.

Exclusively Manufactured for:
Pure Advantage • Phoenix, USA
1-800-798-0707
www.nb-pureadvantage.com



**KEEP OUT OF REACH
OF CHILDREN
STORE IN A COOL,
DRY PLACE**

**PURE
ADVANTAGE™**

Creatine Monohydrate

100% Pure

**Increase Lean Muscle Mass* • Enhances Performance*
Increase Recovery Time* • Super-Hydrates Muscle Cells***

**A Dietary Supplement
1.1 LBS (500 grams)**



Supplement Facts

Serving Size: 1 Teaspoon (5 grams)
Servings Per Container: 100

Amount Per Serving		% DV
Creatine Monohydrate (U.S. Pharmaceutical Grade)	5g	†

†Daily Values are not established

Recommended Use by Bodyweight:

100 lbs. - 150 lbs.

Mix 1 teaspoon (5g) with your beverage of choice 30 minutes prior and immediately after exercise.

151 lbs. - 250 lbs.

Mix 1 1/2 teaspoons (7.5g) with your beverage of choice 30 minutes before and immediately after exercise.

251 lbs. - UP

Mix 2 teaspoons (10g) with your beverage of choice 30 minutes before and immediately after exercise.

As with any dietary supplement, please consult a physician before consuming this product.