

BODYTECH.

100% PURE CREATINE MONOHYDRATE

HELPS BUILD MUSCLE, STRENGTH & MASS.



MUSCLE
STRENGTH



MUSCLE
ENDURANCE



DELAYS
FATIGUE

UNFLAVORED
DIETARY SUPPLEMENT

NET WT. 31.9 oz. (905g)

Supplement Facts

Serving Size 1 Rounded Teaspoon (5g)
Servings Per Container About 181

	Amount Per Serving	% Daily Value
Creatine Monohydrate	5 g	*

* Daily Value not established.

Other ingredients: None.

Does not contain: Gluten, Sugar, Salt, Preservatives,
Artificial Colors or Flavors.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.bodytech.com or
call 1-800-223-1216
for more information and to reorder.

DIRECTIONS: Mix one (1) rounded teaspoon (5g) with 8-12 oz.
of water and consume immediately.

Loading Phase: Days 1-5: Mix one (1) rounded teaspoon (5g)
in 8-12 oz. of water or juice and take four (4) times daily.

Maintenance Phase: Day 6 and beyond: Mix one (1) rounded
teaspoon (5g) in 8-12 oz. of water or juice and take daily.

WARNING: Not to be taken by pregnant or nursing women or
children. People at risk for renal disorders, particularly diabetics,
should consult their physician prior to use.

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

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Creatine monohydrate may help to improve
muscle performance during high intensity
exercise and training such as weight lifting,
running and other intense activity. ■

As with any dietary product, to receive the
desired benefits, this product should be used
in conjunction with a well-balanced diet and
exercise program. If you have a medical
condition, consult your healthcare professional
before beginning such a program. ■

■ 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.



Call 1-800-223-1216 to speak to a
Health Enthusiast.

Item No. VS-1337

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