

BODYTECH®

100% PURE CREATINE MONOHYDRATE

HELPS BUILD MUSCLE, STRENGTH & MASS.



MUSCLE
STRENGTH ▲



MUSCLE
ENDURANCE ▲



DELAYS
FATIGUE ▲

UNFLAVORED
DIETARY SUPPLEMENT

NET WT. 18 oz. (510g)

Supplement Facts

Serving Size 1 Rounded Teaspoon (5g)

Servings Per Container About 102

	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.

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. ▲

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.



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

▲ 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.

Item No. VS-1357

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