RICCHEM® Creatine monohydrate is simply made for pre-workout. Our creatine monohydrate is as clean as the label states. This simple formula is made of only the purest

Supports muscle strength especially with resistance training!

† 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. NO: GMOs, yeast, corn, wheat, soy, milk, salt, sugar, preservatives, artificial colors

This product has been manufactured at a GMP Registered facility



## CREATINE MONOHYDRATE



A FINE MICRONIZED SPORTS POWDER







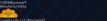


Directions: Adults, take one (1) teaspoon (5 g) serving with 3/4 - 1 cup (6-8 f) oz.)(178-236 mL) of cold water or your favorite beverage one-half (1/2) hour before

## Supplement Facts Amount Per Serving Daily Value

Do not accept if seal is broken. Store in a dry place between 59'-86' F. Keep out of the

CAUTION: Not intended for use by pregnant or nursing women. Consult a doctor before Contents packaged by weight not volume. Some settling may occur.



Product No. 2222

reach of children.









