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**BODYBUILDING.COM
SPORTS NUTRITION**

Bodybuilding.com products have been formulated to the highest standards with high-quality, effective ingredients that produce real results. If you are not completely satisfied with any product, return it any time for a full refund.

PACKAGED BY WEIGHT NOT VOLUME.
CONTENTS MAY SETTLE DURING SHIPPING.



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**BODYBUILDING.COM
MICRONIZED CREATINE**

THE BEST MUSCLE BUILDING SUPPLEMENT*

By supplementing with creatine, you can support increased strength, increase higher intensity exercise performance, reduce fatigue, and promote muscle volume and growth.* Micronized Creatine has 20 times smaller particles than normal creatine and absorbs quickly. Micronized Creatine mixes smoothly and easily in a glass or shaker bottle. Supplement with Bodybuilding.com Micronized Creatine to support your results!† For more information about this product, visit Bodybuilding.com.

SUGGESTED USE

Creatine Loading (20 grams per day): Take 1 scoop of Micronized Creatine with morning, afternoon and evening meals and 1 additional scoop before going to bed for 4 to 5 days to help saturate your muscles with creatine.

Creatine Maintenance (5 grams per day): Take 1 scoop of Micronized Creatine with a meal OR immediately after training with your post-workout protein shake.

TIPS

Try adding Micronized Creatine to protein powders, meal replacements, and weight-gainer shakes for optimal results. Drink at least 8 glasses of water daily when supplementing with creatine.

**100
SERVINGS**



MICRONIZED CREATINE

S P O R T S N U T R I T I O N

5.0g
CREATINE
MONOHYDRATE

DIETARY SUPPLEMENT
Net Wt. 1.1lbs. (500g)

Supplement Facts

Serving Size: 1 scoop (5g)
Servings Per Container: 100

Amount Per Serving

Creatine Monohydrate 5g **

**Daily Value not established.

INGREDIENTS: Micronized creatine monohydrate.

ALLERGEN INFORMATION: This product is manufactured in a facility that uses materials containing milk, soy, wheat, egg and peanut.

* 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.



This product was produced in a GMP facility. Good Manufacturing Practices, or GMPs, are a set of standards which ensure the purity and proper labeling of dietary supplements.

DIRECTIONS

Mix 1 scoop of Micronized Creatine with 8 to 12oz. of water, fruit juice or your favorite beverage. Serving scoop included, but may settle to the bottom during shipping.

WARNINGS:

Do not use if pregnant, contemplating pregnancy, or nursing. This product is only intended to be consumed by healthy adults, 18 years of age or older. Before using this product, consult with your physician. Discontinue use and consult a healthcare professional if you experience any adverse reaction to this product. Do not use if the seal is broken or missing. This product contains chemicals known to the state of California to cause cancer, birth defects or other reproductive harm.

Distributed by:



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