

**Doctor's Best Creatine Powder** contains creatine, a naturally occurring amino acid that has been shown to supply energy to all cells in the body to help boost muscle strength and endurance. Adenosine Triphosphate (ATP) is a molecule used as a fundamental energy donor whenever our body uses energy. Supplementing with creatine helps the muscles to store more of this high-energy molecule to provide greater gains in strength and muscle.\*

Creatine helps support physical performance in successive bursts of short-term high intensity exercise, providing the ready source of energy for the athlete on the go. Creatine also helps support muscle recovery from intense exercise.\*

**Helps increase muscle mass\***

**Helps generate ATP for energy, strength & endurance\***

**\* 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.**



YDRB377-1



**Dietary  
Supplement**

**Doctor's  
BEST**

**Science-Based  
Nutrition™**

# Pure Creatine Powder

**HELPS INCREASE MUSCLE MASS\***  
**HELPS GENERATE ATP FOR ENERGY\***

**Net Wt. 10.6 oz (300 grams)** 

## Supplement Facts

Serving Size 1 scoop (≈5 grams)  
Servings Per Container Approximately 60

|                      | Amount Per Serving | % Daily Value |
|----------------------|--------------------|---------------|
| Creatine Monohydrate | 5 g                | †             |

† Daily Value not established.

**Other Ingredients:** None.

**Suggested Adult Use:** Dissolve 1 scoop in 8 ounces of juice or your favorite beverage. Consume 20-25 grams for 4-5 days to help promote muscle saturation. Maintain creatine levels with 5-7 grams per day thereafter. Try adding creatine to your favorite protein supplement, meal replacement, or high-glycemic carbohydrate supplement. Combine with a sensible diet, regular physical activity, and drink plenty of fluids.

**NOTE:** Some settling of contents may occur, affecting number of servings.

**Non-GMO / Gluten Free / Soy Free / Vegan**

Store in a cool dry place.

Manufactured for **Doctor's Best, Inc.**

California, 92612 USA

**(800) 777-2474** [www.drbbvitamins.com](http://www.drbbvitamins.com)