

## BENEFITS OF CREATINE SUPPLEMENTATION

- May improve muscle mass by stimulating satellite cells (satellite cells are 'blank' cells that aid in tissue regeneration).<sup>†</sup>
- Improve strength by elevating creatine phosphate levels.<sup>†</sup> The elevation of creatine phosphate leads to an increase in the formation of ATP. ATP is the form of energy that your body can use. It is also formed by carbohydrates and fat, however it is most quickly produced using creatine phosphate.
- Reduce fatigue and promote exercise recovery by reducing muscle glycogen depletion.<sup>†</sup> The higher the availability of creatine in the body, less muscle glycogen is necessary during intense strength training exercises.
- Improve muscle volume<sup>†</sup>; increased intramuscular creatine stores draw water to properly hydrate muscle and improve muscle volume.

NO ARTIFICIAL FLAVORS, COLORS or SWEETENERS

# RHINO

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL DRY PLACE.  
Formulated, tested and certified exclusively in our own cGMP Facility

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<sup>†</sup> These statements have not been reviewed by the Food and Drug Administration.  
This product is not intended to diagnose, treat, prevent, or cure any disease.

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SPORTS

# CREATINE

NATURALLY OCCURRING ORGANIC ACID  
FOR PROMOTING A REDUCTION  
IN MUSCLE FATIGUE<sup>†</sup>

Backed by research to support ATP formation for  
improvements in strength and power<sup>†</sup>. May improve  
muscle hydration and temperature regulation<sup>†</sup>.  
Support lean muscle mass and short  
duration performance<sup>†</sup>.

Net. WT. 10.6oz (300g)  
DIETARY SUPPLEMENT

60  
servings

POWDER

## Supplement Facts

Serving Size: 1 scoop (5g)	Servings per Container: 60
Amount Per Serving	% Daily Value
Creatine Monohydrate	5g

\* Daily Value not established.

Recommended Use: Mix 5 grams of Creatine with water or juice along with your post-workout/pre-workout meal. Continue the use of Creatine on non-training days as well to maintain muscle saturation. Creatine levels will decline and return to normal after 30 days. Creatine supplementation may also support lean mass and functional strength in the elderly<sup>†</sup>.

Loading & Cycling: If you're an athlete who is interested in loading creatine to increase phosphate levels quickly, use 20 grams (4 servings) a day for the first 4-5 days. Discontinue use after 4 weeks, and repeat after at least 4 weeks of discontinued use. Creatine effectiveness plateaus after 4-5 weeks of continuous use. Creatine is most effective when taken with a high carbohydrate meal/drink.

WARNING: Check with a qualified healthcare professional before using this product if you are under 18 years of age, pregnant or nursing or if you have any known or suspected medical condition(s) and/or are taking any prescription or OTC medication(s).

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