



CREATINE

Monohydrate

PROMOTES STRENGTH + PERFORMANCE[†]

MADE WITH 100% Creapure[®]

DIETARY SUPPLEMENT

Net Weight
5.4 oz (152 g)

DAIRY
FREE

SOY
FREE

VEGAN

Supplement Facts

Serving Size 2 Scoops (5 g)
Servings Per Container 30

	Amount Per Serving	%DV
Creapure [®] (Micronized Creatine Monohydrate)	5 g	*

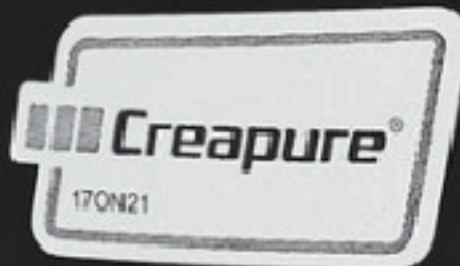
*Daily Value Not Established.

Other Ingredients: None

Manufactured Exclusively For: Onnit Labs, LLC
Austin, Texas 78744 (855) 666-4899

SUGGESTED USE: As a dietary supplement, take up to two scoops per serving mixed with eight ounces of water or your favorite beverage.

Creapure[®] is a registered trademark of AlzChem AG



CREATINE MONOHYDRATE has been used by athletes for decades to help boost strength, endurance, and energy.[†] Creapure[®] is the most widely studied form of creatine, and is scientifically proven safe and effective for increasing performance.

MUSCLE BUILDING SUPPORT[†]

Aids in the regeneration of ADP into ATP – the fuel source for muscle contractions.[†] By supplying the energy to train more intensely, creatine helps you build muscle more rapidly.[†]

SUPPORT ENDURANCE[†]

Helps reduce cellular damage and balances the aerobic and anaerobic energy sources that are available to cells.[†]

PROMOTE PERFORMANCE[†]

Provides fuel for short-burst activities such as sprinting and lifting.[†] Creatine does not appear on the banned substances lists for college or professional sports.

Consult a medical doctor before taking this or any other nutritional supplement if you are pregnant, nursing, have or suspect a medical condition, or are taking any medications. Store in a cool, dry place. Do not use if freshness seal is missing or broken.

KEEP OUT OF REACH OF CHILDREN

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.