

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. ***Your health & safety are our first priority!***

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you have kidney disease. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

*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.

TO REORDER PROD. # **908**
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
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CREATINE

HARDCORE PRECISION
ENGINEERED SERIES

Hardcore CREATINE Powder

HPLC Pure Creatine Monohydrate
MUSCLE STRENGTH, POWER & RECOVERY*

NET WT. 35.27 oz. (2.2 lb.) (1 kg)

VEGETARIAN DIETARY SUPPLEMENT

DIRECTIONS: For adults, take one (1) heaping teaspoon (5 g) daily. Mix with juice or other glucose-containing liquid. Creatine should be consumed within 10 minutes after mixing. Take this product with an adequate fluid intake.

Contents are sold by weight. Some settling may occur.

Supplement Facts

Serving Size 1 Heaping Teaspoon (5 g)

Servings Per Container about 200

Amount Per Serving		%Daily Value
HPLC Pure Creatine Monohydrate	5,000 mg (5 g)	**

**Daily Value not established.

Creatine is a key player in energy transfer within muscles.* The majority of the body's Creatine is located in the skeletal muscles where it exists in free form and as creatine phosphate. As a supplement that helps to promote athletic performance, Creatine enhances the ability to produce higher muscular force, especially during short bouts of maximal exercise.* Creatine is an excellent supplemental choice for athletes and active adults.