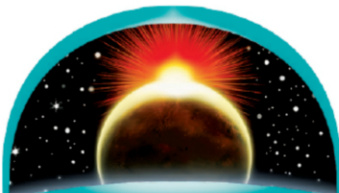


SOURCE NATURALS®



DIETARY SUPPLEMENT
ATHLETIC SERIES

CREATINE

SUPPORTS MUSCULAR ACTIVITY*

1,000 MG • 100 TABLETS

Supplement Facts

Serving Size 5 Tablets
Servings Per Container 20

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	1 g	<1%*
Creatine Monohydrate	5 g	†

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.
†Daily Value not established.

Other ingredients: sorbitol, stearic acid, hydroxypropyl cellulose, modified cellulose gum, and magnesium stearate.

Suggested Use: 2 to 5 tablets shortly before exercise, and 2 to 3 tablets afterwards. When beginning creatine supplementation, taking 5 tablets, 4 times daily for 5 days may optimize results.

NOTE: If you are pregnant, may become pregnant, or breast-feeding, consult your health care professional before using this product.

Creatine monohydrate is converted to creatine phosphate (CrP) in muscle tissue. CrP provides a critically important store of energy which helps to power short bursts of intense muscular activity, as in sprinting or weightlifting. CrP is used up in regenerating the ATP consumed during intense exercise, and is itself renewed when creatine interacts with ATP during the rest period immediately after strenuous exercise.*

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

Suitable for vegetarians. Contains no yeast, dairy, egg, gluten, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

***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.**

SN0134 REV K101

Manufactured for:
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