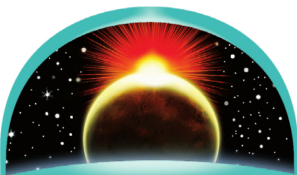


SOURCE NATURALS®



DIETARY SUPPLEMENT

ATHLETIC SERIES

CREATINE

SUPPORTS MUSCULAR ACTIVITY*

NET WT. 16 OZ. (453.6 GRAMS)

POWDER

Supplement Facts

Serving Size 1 Teaspoon (approx. 3 g)

Servings Per Container 151

Amount Per Serving	
Creatine Monohydrate	3 g†

†Daily Value not established.

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. Creatine phosphate helps recycle ATP for energy production in muscle cells.*

Suggested Use: 1 level teaspoon shortly before exercise, and 1 level teaspoon afterwards, mixed in water or juice as desired. When beginning creatine supplementation, taking up to 8 level teaspoons daily for 5 days may optimize results.

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

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

STORE IN A COOL, DRY PLACE.

Suitable for vegetarians. Contains no yeast, dairy, egg, gluten, corn, 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.**

SN0423 REV F182

Manufactured for:
© SOURCE NATURALS, INC.
P.O. BOX 2218
SANTA CRUZ, CA 95062
www.sourcenaturals.com

