

Solgar's Creatine Complex Tablets are free of yeast, wheat, soy, dairy products and gluten and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com



ENHANCED
**CREATINE
COMPLEX**

INCLUDING CREATINE MONOHYDRATE
PLUS L-GLUTAMINE, MAGNESIUM, POTASSIUM AND
STANDARDIZED ELEUTHERO EXTRACT

DIETARY SUPPLEMENT

180 TABLETS

SUITABLE FOR VEGETARIANS
SUGAR AND STARCH FREE

Supplement Facts

Serving Size 6 Tablets

Servings Per Container 30

Amount Per Serving	%DV	
Calories	30	
Total Carbohydrate	6 g	2%*
Magnesium	180 mg	45%
(as magnesium glycinate†)		
Potassium	99 mg	3%
(as potassium glycinate complex)		
Creatine Monohydrate	5 g	**
L-Glutamine	1 g	**
Standardized Eleuthero		
Extract (root)	100 mg	**
(eleutherosides 0.8 mg [0.8%])		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Titanium Dioxide, Vegetable Magnesium Stearate, Vegetable Glycerin.

SUGGESTED USE: As a dietary supplement for adults, take six (6) tablets daily, preferably taken with a carbohydrate snack or juice, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children.

† Fully reacted chelates, Albion process patent No. 4,599,152 Chelazomes.

