

Solgar's Creatine Complex Tablets are free of yeast, wheat, soy, gluten and dairy products 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.



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

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

Supplement Facts
Serving Size 6 Tablets
Servings Per Container 30

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

* 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, 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.'s 5,516,925 and 6,716,814 Chelazomes.

