

Creatine is an amino acid found primarily in muscle tissue. It is phosphorylated to store energy used for muscular contraction. AST Sports Science Micronized Creatine Monohydrate has been shown in scientific studies to support increases in muscle fiber size, lean muscle mass and strength. This scientifically proven creatine delivers you an advanced "micro-particle" formula designed to go into solution rapidly and remain suspended in solution longer. This advanced formula delivers a fast acting, rapidly absorbing, ultra-effective creatine without the stomach upset or gritty creatine residue.

AST Sports Science Micronized Creatine is the only creatine supplement scientifically proven to directly impact muscle fiber size. It's time to put the power of science and the power of AST to work for you. †

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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SPORTS SCIENCE
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MICRONIZED CREATINE MONOHYDRATE



**LEAN MASS
POWER
STRENGTH**

Dietary Supplement Net
wt: 1000 grams (2.2 lbs)

**U.S. PATENT
5767159**

Supplement Facts

Serving Size: 1 Teaspoon (5 grams)
Servings Per Container: 200

Amount per Serving: %DV

Creatine Monohydrate (Not Less than 99.5%) 5 grams *

*Daily Value not established.

Percent Daily Value (%DV) are based on a 2000 calorie diet.

Each Serving Provides: Pure HPLC tested and laboratory certified Micronized creatine monohydrate - 5 grams.

Recommended Use: Mix 1 teaspoon (5 grams) in 8 to 10 oz. of juice or water. Drink immediately. For best results, use immediately after exercise. To maximize results, drink 8 to 10 8-oz. glasses of water daily.

Creatine Loading Phase: Day 1 through Day 5: Take 1 heaping teaspoon 4 to 6 times daily.

Creatine Maintenance Phase: Day 6 forward: Take 1 heaping teaspoon twice daily.

Contents packaged by weight - not volume. Some settling may occur.



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