Creatine is a natural compound found in the body that plays a powerful role in energy metabolism. Supplementation with **Prolab® Creatine Monohydrate** can help maximize energy output during intense training to help you reach the next level. This nutrient helps to maximize peak strength, performance and muscular development.[†]

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating. Not for use by persons under 18 years of age. Do not exceed recommended dosage.

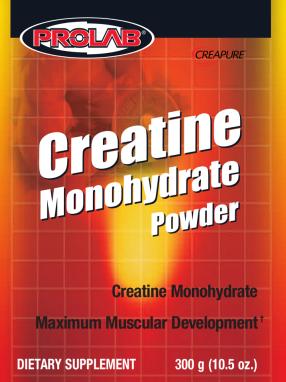
†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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Directions: During the loading phase take 1 rounded teaspoon (5 grams) 4 times per day (20 grams total) for 5 days. For maintenance period, take 1 rounded teaspoon (5 grams) once daily. Dissolve in juice or water.

Supplement Facts Serving Size 1 Teaspoon (5 g) Servings Per Container 60

Amount Per Serving

5 g*

Creatine Monohydrate

*Daily Value not established.

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