

**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.<sup>†</sup>

**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.

<sup>†</sup> 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.



4315



CREAPURE™

# Creatine Monohydrate Powder

**Creatine Monohydrate**  
**Maximum Muscular Development<sup>†</sup>**

**DIETARY SUPPLEMENT**

**300 g (10.5 oz.)**

**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   |      |
|----------------------|------|
| Creatine Monohydrate | 5 g* |

\*Daily Value not established.

Manufactured exclusively for  
Prolab Nutrition, Inc.  
Chatsworth, CA 91311 • Made In USA  
1 800 PROLAB1 • [www.prolab.com](http://www.prolab.com)