

Creatine is converted to phosphocreatine which is important for short energy bursts such as sprinting and weight lifting. Depletion of phosphocreatine can result in muscular fatigue and fading muscle power.

TAMPER EVIDENT: Do not use this product if imprinted foil seal under cap is broken or missing. Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs)

Keep tightly closed.

Store at room temperature: 59°-86°F (15° to 30°C). **KEEP OUT OF REACH OF CHILDREN.** Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability.

CAUTION: Creatine should be avoided by children, adolescents, pregnant women, nursing mothers or anyone at risk for renal disorders such as diabetics.

Rev. #01



WONDER

Laboratories®

FORMULA

190

CREATINE

Performance
Enhancer

For Power and Strength Athletes

Free-Form Amino Acid

Dietary Supplement

Gluten Free

120 CAPSULES

Supplement Facts

Serving Size 3 Capsules

Servings Per Container 40

Amount Per Serving

Creatine monohydrate 2250 mg *

* Daily Value not established.

Other ingredients: K-gelatin, vegetable cellulose, vegetable magnesium stearate, silica.

DIRECTIONS: As a dietary supplement, take 3 capsules two times daily, preferably before and after exercise. **Made in USA**

Distributed by: **Wonder Laboratories®**
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