

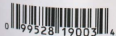
Creatine is converted to phosphocreatine which is important for short energy bursts such as sprinting and weight lifting. Depletion of phosphocreatine can result in muscular fatigue and fading muscle power.

**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) Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bio-availability.

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

Keep tightly closed.

Store at room temperature: 59°-86°F (15° to 30°C). **KEEP OUT OF REACH OF CHILDREN.**



**WONDER**

Laboratories®

FORMULA  
190

**CREATINE**

**Performance  
Enhancer**

For Power and Strength Athletes  
Free-Form Amino Acid  
Dietary Supplement

Gluten Free **300 CAPSULES**

## Supplement Facts

Serving Size 3 Capsules

Servings Per Container 100

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.

Distributed by: **Wonder Laboratories®**  
115 S.C.T. Ct., White House, TN 37188  
Made in USA

Rev. #01