



# Creatine Monohydrate

1KG

## SUPPLEMENT FACTS

Serving Size: 2500mg

Servings per container: 667

Amount Per Serving	% Daily Value**
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Creatine Monohydrate 2500mg	*
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\*\*Based on 2,000 calorie diet

\*Daily Value not established.

## US STANDARD MEASURING SPOONS

Spoon Size (level)	milligrams
1/2 teaspoon	1249
1 teaspoon	2499
1 1/2 teaspoon	3749



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## OTHER INGREDIENTS:

None

## FREE OF

Sugar, Soy, Dairy, Yeast, Gluten or additives

## DIRECTIONS:

As dietary supplement, take 2500mg(1 tsp) daily, preferably before a workout or as directed by a physician. Individual needs vary greatly. Drinks lots of water.

## STORAGE:

Keep dry, cool & dark

## DISTRIBUTED EXCLUSIVELY BY:

Absorb Health  
4705 Southport-Supply Rd., 202  
Southport, NC 28461

Lot Number:

Date of Manufacture:

Expires: