

SUGGESTED USE: Take one serving (1 scoop) of Creatine-X mixed with 8-10 fl. oz. of cold water or other beverage of choice before, during, or after training. On non-training days, you can take one optional serving (1 scoop) in the morning. **LOADING PHASE:** If you are not currently consuming a creatine product, for best results, begin by consuming one serving (1 scoop), two to four times per day for the first 5-7 days.

WARNING: THIS PRODUCT IS ONLY INTENDED TO BE CONSUMED BY HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. Do not use this product if you are pregnant or nursing. People with known medical conditions and/or taking drugs should consult with a licensed health care professional prior to taking. Immediately discontinue use and contact a health care professional if you experience any adverse reaction to this product. Discontinue use 2 weeks prior to surgery. Do not use if safety seal is broken or missing. Store in a cool, dry place. Settling may occur. **KEEP OUT OF REACH OF CHILDREN.**

†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.



Manufactured for
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CREATINE-X™
ELITE CREATINE MATRIX + ELEVATP
STRENGTH† | POWER† | MASS†

UNFLAVORED

DIETARY SUPPLEMENT
Net Wt. 8.82 oz (250 g)

Supplement Facts

Serving Size: 1 scoop (8.3 g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Creatine Anhydrous	2500 mg	*
Creatine Monohydrate	2500 mg	*
Creatine HCl	1250 mg	*
Creatine Magnapower	1250 mg	*
elevATP™ (Ancient peat and apple [fruit] extract as Malus domesticus)	150 mg	*

Other Ingredients: Silicon Dioxide



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