



Sports Performance†

SUGGESTED USE: Mix 1 scoop with at least 8 ounces of water, juice, or preferred beverage daily or as recommended by your health-care or performance professional. Can be used 30-90 minutes before or after exercise.

TAMPER EVIDENT: Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

If pregnant, consult your health-care practitioner before using this product.

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THORNE®

Creatine

DIETARY SUPPLEMENT

**NET WT
16 OZ (450 G)**

SUPPLEMENT FACTS		
Serving Size: One Scoop (5 g)		
Servings Per Container: 90		
One Scoop (5 g) Contains:		%DV
Creatine Monohydrate (Creapure®)†	5 g	*
*Daily Value (DV) not established.		

†This product uses AlzChem's Creapure®. Creapure is a registered trademark of AlzChem AG.

‡This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

manufactured by: THORNE RESEARCH, INC., 1-800-228-1966



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