

## CREATINE

### USE & MIXING INSTRUCTIONS

- Mix 1 scoop with 8 fl oz of cold water. For Rapid Creatine Loading: Take up to 4 servings per day (20g creatine monohydrate) for 5-7 days. For Creatine Maintenance: Take 1 serving per day (5g creatine monohydrate).
- Note: Do not use if under the age of 18. Consult a physician prior to use if you are pregnant, contemplating pregnancy, nursing, or have any medical condition.
- Use with a healthy diet and exercise program. Contents sold by weight, not volume. Some settling may occur.

### MYOPLEX HERITAGE

In 1995, after years of research into the science of nutrition and muscle retention, EAS developed Myoplex®. It proved so effective, it quickly became known as the go-to supplement for building new muscle and recovering from workouts. Today, Myoplex is still one of the most trusted, high-performance supplements available. And building on this history of safe and proven innovation, the 2015 Myoplex line of nutrition products can help you reach your ultimate fitness goal. Again and again.

Visit [EAS.com](http://EAS.com) or call 1-800-297-9776 to learn how EAS® can help you achieve your athletic or fitness goals.



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CREATINE  
MYOPLEX

INNOVATION  
& EDUCATION  
SINCE 1993

IMPROVE  
POWER†



5g  
MICRONIZED  
CREATINE  
MONOHYDRATE

UNFLAVORED

DIETARY SUPPLEMENT

NET WT 1.1 LB (500 g)



## Supplement Facts

Serving Size 1 Scoop (5 g)  
Servings Per Container About 100

| Amount Per Serving          | % Daily Value* |
|-----------------------------|----------------|
| <b>Creatine Monohydrate</b> | 5 g †          |

\*Percent Daily Values (%DV) are based on a 2,000 Calorie diet.  
†Daily Value (DV) not established.

Ingredient: Creatine Monohydrate

Manufactured for:  
**Abbott Nutrition**  
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3300 Stelzer Road  
Columbus, Ohio 43219-3034 USA

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To report an adverse event or to obtain  
product information, contact 1-800-297-9776.

‡ 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.