

KEY BENEFITS

SIGNIFICANTLY BOOST MUSCLE SIZE AND STRENGTH†*

INCREASE POWER AND ANAEROBIC ENDURANCE†*

ANTI-OXIDANT SUPPORT†*

UNFLAVORED AND MIXES INSTANTLY

 **WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov**

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GASPARINUTRITION.COM



CREATINE

PURE CREATINE MONOHYDRATE

UNFLAVORED

40 SERVINGS

DIETARY SUPPLEMENT NET WT. 200g (40 SERVINGS)

Supplement Facts

Serving Size: 1 rounded teaspoon (5g)

Servings Per Container: 40

Amount Per Serving	% Daily Value
Creatine Monohydrate Micronized	5g **

**Daily Values not established

Contains no sugar, salt, starch, yeast, milk, egg, shellfish, preservatives, additives, diluents, artificial flavors or color.

SUGGESTED USE: As a dietary supplement, take 1 rounded teaspoon with 4 to 6 oz of water or juice before and after workout daily or as directed by the practitioner. For optimal results take an additional teaspoon.

SETTING THE ULTIMATE STANDARD FOR QUALITY IN A PURE CREATINE MONOHYDRATE SPORTS NUTRITION PRODUCT!†

Utilizing ultra-pure creatine monohydrate with no fillers or fluff, Creatine is an essential addition to any strength trainer. Creatine monohydrate is by far one of the most proven ergogenic amino acids to support skeletal muscle volume and strength. Creatine offers you a high value product at a rock bottom price. You can rest assured this product is made with only the highest quality in mind. Be sure when taking Creatine to drink at least 8 glasses of water daily for optimal results in strength and conditioning training.†*

KEEP OUT OF REACH OF CHILDREN. CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT IF YOU ARE UNDER 18 YEARS OF AGE, PREGNANT OR NURSING A BABY OR IF YOU HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITION(S) AND/OR ARE TAKING ANY PRESCRIPTION OR OTC MEDICATION(S). DO NOT EXCEED RECOMMENDED DOSE. NOT TO BE USED AS A SUBSTITUTE FOR A HEALTHY AND BALANCED DIET AND ACTIVE LIFESTYLE. **STORE IN A COOL, DRY PLACE.**

†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.

*When combined with a proper exercise and nutrition program.



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