

SUGGESTED USE: Shake container before use. Mix one scoop with 8-12 ounces of liquid. Drink immediately.

WARNINGS: If you are pregnant or breastfeeding, consult a health care practitioner before using.

ALLERGEN WARNING: This product was produced in a facility that may also process ingredients containing milk, egg, and tree nuts.

**DO NOT USE IF SEAL IS BROKEN OR MISSING.
KEEP OUT OF REACH OF CHILDREN.**

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.

TEN® PERFORMANCE CREATINE MONOHYDRATE:

- Promote lean muscle mass
- Decrease muscular fatigue
- Increase strength gains
- Enhance recovery

Contains No:

- Stimulants
- Artificial sweeteners
- Artificial colors/flavors
- Additives
- DMAA



CRT

CREATINE MONOHYDRATE



DIETARY SUPPLEMENT
5.4 OZ. (153g)

CREATINE MUSCLE SUPPORT



HydroCell™ is a **patent-pending**, plant-based delivery system that promotes rapid nutrient absorption into cells.



Manufactured for:
TEN Performance®
1-800-640-4045

10PERFORMANCE.COM

Supplement Facts

Serving Size: 1 Rounded Scoop (5.1g)
Servings Per Container: 30

Amount Per Serving	%Daily Value
Creatine Monohydrate	5g †
Proprietary Blend	83mg †
HydroCell™ Delivery (Organic Aloe Vera (Leaf), Gogi (Fruit) Extract, Shilajit)	

†Daily Value not established.

