



Creatine Monohydrate Powder

Storage: Keep dry, cool & dark

500g (1.1lbs)

Lot Number: 20130423

Date of manufacture Apr 23 2013

Supplement Facts

Serving Size 2500 milligrams

Servings per container: 200

Amount Per Serving

% Daily Value**

Calories: 10

Creatine Monohydrate

2500 mg

*

* Daily Value not established.

** Based on 2,000 calorie diet.

Other Ingredients: None.

Free of: Sugar, soy, dairy, yeast, gluten, corn and additives.

Directions: As a dietary supplement, take 2.5 grams (1 tsp) daily, preferably before working out. Individual needs vary greatly. Drink lots of water.

US Standard Measuring Spoons

Spoon Size (level)

milligrams

1/2 teaspoon

1101

1 teaspoon

2203

1/2 tablespoon

3305

Warning: This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. 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.