

BIOCHEM® Creatine monohydrate is simply made for pre-workout. Our creatine monohydrate is as clean as the label states. This simple formula is made of only the purest ingredients. Make this a part of your routine to get more out of your valuable workout time. Creatine helps with muscle strength so the reps won't seem so repetitious.†

- Exceptional purity
- Supports muscle strength especially with resistance training†
- Micronized for easy mixability

Take alone or enjoy with one of BIOCHEM® Proteins.

† 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.

**NO:** GMOs, yeast, corn, wheat, soy, milk, salt, sugar, preservatives, artificial colors, artificial flavors, artificial sweeteners, magnesium stearate.

This product has been manufactured at a GMP Registered facility. Tested by HPLC and proven free of impurities.

10B19NN

Lot No:

Best by:



# CREATINE MONOHYDRATE



A FINE MICRONIZED SPORTS POWDER  
SUPPORTS MUSCLE STRENGTH†

5g



DIETARY SUPPLEMENT  
NET WT. 17.6 OZ.  
(1.1 LBS) (500 g)

**Directions:** Adults, take one (1) teaspoon (5 g) serving with 3/4 - 1 cup (6-8 fl. oz.) (178-236 mL) of cold water or your favorite beverage one-half (1/2) hour before workout once daily. Use for a minimum of four (4) weeks. As a reminder, discuss the supplements and medications that you take with your health care providers.

## Supplement Facts

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

Amount Per Serving	% Daily Value
Creatine Monohydrate	5 g *

\* Daily Value not established.

**Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.**

**CAUTION:** Not intended for use by pregnant or nursing women. Consult a doctor before use if you have or have had kidney disease. Not for use by those under the age of 18. If you are taking medication, have a medical condition, or planning a surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur. Contents packaged by weight not volume. Some settling may occur.

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Manufactured by



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Biochem-Fitness.com  
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