

Take the Pure Advantage™

Pure Advantage Creatine Monohydrate increases the body's ability to produce energy rapidly. With more energy, you can train harder, more often & produce faster results.*

Creatine is one of the most-researched sports supplement on the market. Creatine is a metabolite that is naturally produced in the body, where it exists in the form of creatine phosphate. Creatine is also found in foods such as meat, eggs and fish.

Research shows that creatine is most effective in high-intensity training and explosive activities. Athletes in football, baseball, sprinting, cross-fit & weight training can benefit from creatine since it improves power output. A study from the Journal of American Dietetic Association shows that creatine supplementation enhances muscular performance during high-intensity resistance exercise. Creatine also contains a variety of health benefits, including neuroprotective and cardioprotective properties.*

Creatine is allowed by the International Olympic Committee, National Collegiate Athletic Association (NCAA), and professional sports.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



Exclusively Manufactured for:
Nutritional Brands • Phoenix, USA
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www.nbpure.com

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DRY PLACE**

**PURE
ADVANTAGE™**

Creatine Monohydrate

Micronized Powder

**Increase Lean Muscle Mass* • Enhances Performance*
Increase Recovery Time* • Super-Hydrates Muscle Cells***

**A Dietary Supplement
1.1 LBS (500 grams)**



SUGGESTED USE: Mix 3-5 grams of Creatine in a beverage of choice 30 minutes before your workout. Another 3-5 grams can be consumed immediately after your workout in a protein shake.

Dosage on non-training days: Mix 3-5 grams of Creatine in a beverage of choice and consume.

Supplement Facts

100 Servings Per Container

Serving Size: 1 Teaspoon (5 grams)

Amount Per Serving	% DV
Creatine Monohydrate 5g (Pharmaceutical Grade)	†

†Daily Values are not established

Warnings: Consult a Physician if you have impaired kidney function or are taking prescription medications that affect kidney function.