

SUGGESTED USE: Take one serving (1 scoop) of 50/50™ Creatine-X mixed with 8-10 fl. oz. of cold water or other beverage of choice before, during, or after training. On non-training days, you can take one optional serving (1 scoop) in the morning. **LOADING PHASE:** If you are not currently consuming a creatine product, for best results, begin by consuming one serving (1 scoop), two to four times per day for the first 5-7 days.

WARNING: THIS PRODUCT IS ONLY INTENDED TO BE CONSUMED BY HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. Do not use this product if you are pregnant or nursing. Before using this product, consult a licensed, qualified, health care professional, including but not limited to, if you are taking any prescription drug or over-the-counter medication, or have any existing medical condition. Immediately discontinue use and contact a medical doctor if you experience any adverse reaction to this product. Discontinue use 2 weeks prior to surgery. Do not use if safety seal is broken or missing. Store in a cool, dry place. Settling may occur. **KEEP OUT OF THE 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.



Manufactured for
Apollon Nutrition
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ApollonNutrition.com



50/50 CREATINE-X
ELITE CREATINE BLEND
STRENGTH | POWER | MASS

UNFLAVORED

DIETARY SUPPLEMENT
Net Wt. 10.58oz (300 g)

Supplement Facts

Serving size: 1 scoop (5 g)
Servings per container: 60

	Amount Per Serving	% Daily Value**
Creatine Monohydrate	2500 mg	*
Creatine Anhydrous	2500 mg	*

**Percent Daily Value based on a 2,000 calorie diet.

* Daily Value not established.

OTHER INGREDIENTS: None.

STORE IN A COOL DRY PLACE.



MADE IN USA
OF DOMESTIC AND
INTERNATIONAL
INGREDIENTS



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