

Recommended Use or Purpose: Helps athletes improve performance in short-duration, high-intensity activities, and body composition, in combination with a healthy regimen and resistance exercise.[†]

This product is free from any additional components.

Cautions: Not recommended for people with renal disease, diabetes or kidney dysfunction. Not intended for children, pregnant or breastfeeding women. People with health condition should consult a healthcare practitioner before consuming Creatine products. Consult a healthcare practitioner for long-term consumption. Store in a cool, dry place. Keep away from children. Do not use if the security seal is broken.

[†]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.

Produced in a facility that uses ingredients which may contain milk, egg, soy, wheat, peanut, fish and shellfish.



Code# 630102



CREATINE MONOHYDRATE

MICRO-CREATINE™

**HELPS ATHLETES IMPROVE PERFORMANCE
IN SHORT-DURATION, HIGH-INTENSITY
ACTIVITIES, AND BODY COMPOSITION, IN
COMBINATION WITH A HEALTHY REGIMEN
AND RESISTANCE EXERCISE[†]**

NET WT 1.3LBS [600G]

**CREATINE POWDER
DIETARY SUPPLEMENT**

Dose (Adult): Take one scoop (approximately 5g), 4 times per day for up to five days. Continue consumption with 1/2 scoop (approximately 2.5g), once per day.

Direction for Use: Dissolve powder in 300mL cool water and drink immediately. Take 1 hour before breakfast, lunch, dinner or training. Drink 4-5 glasses of water daily to prevent dehydration, especially in the first week.

Supplement Facts

Serving Size 1 scoop (5 grams)

Servings per container: 120

Amount Per Serving

Creatine monohydrate powder.....5g*

* Daily Value not established.

Manufactured for:

Nutritional Brands International, LLC.

150 US HWY 1, Suite 505

Jupiter, Florida 33477

www.interactivenutrition.com

Made in Canada
FROM DOMESTIC AND IMPORTED INGREDIENTS

