

AST
SPORTS SCIENCE

MICRONIZED

CREATINE
MONOHYDRATE

LEAN MASS • POWER • STRENGTH

Dietary Supplement Net Wt: 300g (10.58 oz)

Creatine is an amino acid found primarily in muscle tissue. It is phosphorylated to store energy used for muscular contraction. **AST Sports Science Micronized Creatine Monohydrate** has been shown in scientific studies to support increases in muscle fiber size, lean muscle mass and strength. This scientifically proven creatine delivers you an advanced "**micro-particle**" technology designed to go into solution rapidly and remain suspended in solution longer. This advanced formula delivers a stable, fast-acting, rapidly absorbing, ultra-effective creatine without the stomach upset or gritty creatine residue.†

AST Sports Science Micronized Creatine is the only creatine supplement scientifically proven in studies to directly impact muscle fiber size in athletes. It's time to put the power of science and the power of AST to work for you.†

Creatine Monohydrate is the most extensively researched performance nutrient in the world and has been shown in scientific studies to be over 900% more efficient than other forms of creatine such as creatine-ethyl-ester. †

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

THE SCIENCE OF
STRONG
AST SPORTS SCIENCE



Supplement Facts

Serving Size: 5 grams (1 Teaspoon)

Servings Per Container: 60

Amount per Serving: %Daily Value*

Creatine Monohydrate (Not less than 99.5%) 5 grams

*Daily Value not established.

Pure HPLC tested and certified Micronized Creatine Monohydrate.

Recommended Use: Mix 5 grams in 8 to 10 oz. of juice or water. Drink immediately. For best results, use immediately after exercise. To maximize results, drink 8 to 10 8-oz. glasses of water daily.

Loading Phase: Day 1 through Day 5: Take 1 serving 4 times daily.

Maintenance Phase: Day 6 forward: Take 1 serving twice daily.

Contents packaged by weight - not volume. Some settling may occur. Shake container lightly before use.

AST SPORTS SCIENCE

120 Capital Drive, Golden, CO 80401

1-800-627-2788 WWW.AST-SS.COM

Copyright © 2020 AST Sports Science

Made In USA

REV#: CM3-220

FDA Registration: 11148835776



7 05077 00320 5