

AMAZING BENEFITS OF AMAZING MUSCLE® MICRONIZED CREATINE

CREATINE MONOHYDRATE is a compound produced naturally in the body and primarily stored in skeletal muscles to be used in the production of energy. Creatine can be obtained from consumption of meat, fish or supplementation, which is a popular choice amongst active individuals to improve their athletic performance through increased strength and power in high-intensity exercise.* Amazing Muscle® Micronized Creatine Monohydrate powder helps to support lean muscle mass and endurance.* Our powder comes micronized, a process which makes particles smaller so that the powder mixes easily in liquid and leads to faster absorption in the body.*

NOTICE: Use this product as a dietary supplement only. Do not use for weight reduction. Contents are packaged by weight, not volume. Some settling of powder may occur.

*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.



DIETARY SUPPLEMENT AMAZING MUSCLE®
CREATINE MONOHYDRATE

UNFLAVORED

90 SERVINGS

SUPPORTS LEAN MUSCLE
MASS, STRENGTH & POWER*

PROMOTES ATHLETIC
PERFORMANCE*

MICRONIZED FOR EASY MIXING
& FASTER ABSORPTION*

NET WT. 1 LB (454g)

Supplement Facts

Serving Size 1 Scoop (5 g)
Servings Per Container 90

Amount Per Serving	% DV
Micronized Creatine Monohydrate	5,000 mg **

** Daily Value (DV) not established

OTHER INGREDIENTS: None.

SUGGESTED USE: Take 1 serving of Micronized Creatine powder twice a day with your daily meals and 1 additional serving before bedtime for 4-5 days. After 4-5 days mix 1 serving of Micronized Creatine powder immediately after training with your post-workout protein shake. **TIPS:** Drink at least 8 glasses of water daily while supplementing with creatine. Consuming carbohydrates with creatine may help improve overall effectiveness.

CONTAINS NO: Preservatives, Additives, Artificial Colors or Flavors, Sugar, Starch, Milk, Egg, Yeast, Shellfish or Sodium.

CAUTION: This product is only intended to be consumed by healthy individuals 18 years or older. If you are pregnant or nursing, taking any medication(s), planning a medical procedure or have any medical condition, consult your physician prior to using this product. Do not exceed recommended use. Improper use will not improve results. Discontinue use and seek professional assistance immediately if any adverse reactions occur. **KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.**



Manufactured for & Distributed by:
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