

SUGGESTED USE: 3 tablets taken with fruit juice 1 to 2 times daily, before and/or after exercise or as directed by a healthcare professional. It may be advisable to take this product in cycles: 4 to 6 weeks on, then 4 to 6 weeks off.

CAUTION: Do not exceed recommended dose. This product is not intended for pregnant or nursing mothers or children under the age of 18. Maintain sufficient fluid intake while taking this product. If you have a known medical condition and have questions about the advisability of taking this product, consult your physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

*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.

Lot # and Best by date printed on bottom of bottle.

NATURE AT ITS FINEST

Natures Craft®

CREATINE TRI-PHASE

5001mg Per Serving



Pre-Workout Energy*



Boost Muscle Recovery*

90 Tablets

Dietary Supplement

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 30

Amount Per Serving	%Daily Value
Creatine Monohydrate Powder	4800mg **
Creatine Alphaketoglutarate	51mg **
Creatine Pyruvate	150mg **

** Daily Value not established

Other Ingredients: Povidone, vegetable stearic acid, pharmaceutical glaze, vegetable magnesium stearate, silicon dioxide, and croscarmellose sodium.

Manufactured Exclusively For:

Nature's Craft

Monsey, NY 10952

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Recycle.

