

MTTM SUPERIOR SCIENCE. SUPERIOR RESULTSTM

MuscleTech[®] Essential Series delivers all your favorite ingredients and products with the best science, taste and value. Essential Series products are staples for every athlete, with no frills and no fillers – just products you can trust backed by the best brand in sports nutrition!

Many supplement companies don't fully disclose their ingredients. They also don't invest in science, research or quality control. At MuscleTech[®], a portion of every dollar spent on supplements is allocated towards funding scientific research. This means you can trust Essential Series for superior quality and results, as is the MuscleTech[®] promise.

Ultra-Pure Micronized Creatine Powder

Platinum 100% Creatine provides your muscles with the world's highest quality and most clinically researched form of micronized creatine. Creatine is shown to increase lean muscle and improve strength and muscular endurance.[▲]

Test Subjects Built 6 lbs. of Muscle & Improved Bench Press Strength By 18.6%
Platinum 100% Creatine delivers creatine directly to your muscles – precisely where it needs to be to drive performance. There, creatine acts as a phosphate donor pool helping to replenish ATP levels in hard-working muscles, allowing you to train harder, for longer. That means real gains in size and strength that can't go unnoticed![▲]

¹Peeters et al. 1999. J. Strength and Cond. Res. 13(1):3-9.
²Selby et al 2004. J. Strength and Cond. Res. 18(2): 311-315.



NEW!

MUSCLETECH[®]
RESEARCH & DEVELOPMENT

ESSENTIAL SERIES



100% PLATINUM CREATINE

**HPLC-TESTED
& MICRONIZED**

**SUBJECTS GAINED
6 LBS. of MUSCLE^{1,▲}**

**5g
CREATINE**

**GUARANTEED
BANNED SUBSTANCE FREE**

**80
SERVINGS**

UNFLAVORED

DIETARY SUPPLEMENT NEW WT. 14.11 oz. (400g)

**300g
+
100g
FREE**

Supplement Facts

Serving Size: 1 Heaping Scoop (5g)
Servings Per Container: 80

Amount Per Serving	% Daily Value
Creatine monohydrate (micronized)	5g †
†Daily Value not established.	

Processed in a facility that processes milk, egg, soy, fish and shellfish ingredients.

Directions: For the first 3 days (loading phase): Mix 1 heaping scoop with 8 oz. of water and consume 4 times daily. After day 3 (maintenance phase): Mix 1 scoop with 8 oz. of water 1 to 2 times daily. For more impressive results, replace water with a carbohydrate beverage or sports drink.

WARNING: Do not use if pregnant or nursing. Consult a medical doctor before starting a diet or exercise program or if you have a medical condition.

Do not use if packaging has been tampered with.

Note: To maintain product freshness, store in a cool, dry place (60°F to 80°F). This product is sold by weight. Some settling may occur. Shake container before use.

[▲]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.

[♦]MuscleTech[®] is America's #1 Selling Bodybuilding Supplement Brand based on cumulative wholesale dollar sales 2001 to present.

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