

THE FUTURE OF CREATINE™

- Proven Superior Solubility (59x Increase)¹
- Proven Superior Plasma Uptake (70% Increase)²
- Unique Creatine Micro-Dosing® Based on Body Weight
- No Loading, No Cycling, No Side Effects*
(No Cramping, Bloating, Water Retention, or GI Issues)

¹CON-CRĒT has been repeatedly shown to have at least 59x greater aqueous solubility than creatine monohydrate when stirred for 2 minutes or less (See website for study summary. Research on file.)

²Versus creatine monohydrate (See website for study summary. Research on file.)

For more information on the benefits & science,
visit www.CON-CRĒT.com

CON-CRĒT complies with all drug and doping control standards issued by professional and amateur athletic organizations. CON-CRĒT complies with cGMP.



61 Accord Park Dr., Norwell, MA 02061

Manufactured in the U.S.A.
by Vireo Systems, Inc.

© 2010 All Rights Reserved

CON-CRĒT

POWDER



The World's First & Only

CONCENTRATED CREATINE

PINEAPPLE

Strength, Endurance
Recovery*

Serving
Scoop Included

*PATENT PENDING

PRE & POST WORKOUT

STACK WITH
BETA-CRĒT

DIETARY
SUPPLEMENT

NET WT 57.6 G (2.03 OZ)

Supplement Facts

Serving Size 1/2 Tsp (1150 mg scoop included) per 100 pounds of body weight
Servings Per Container 48

	Amount Per Serving	% Daily Value
Creatine HCl*	750 mg	**

** Daily Value Not Established

Other Ingredients: Natural Flavoring, Pineapple Flavor N&A, Maltodextrin, Sucralose, Vanilla Flavor N&A, Silicon Dioxide and FD&C Yellow No. 5

RECOMMENDED USE: As a dietary supplement take 1 hour prior to training with approximately 4-6 ounces of water. CON-CRĒT can be taken on an empty stomach or with food or mixed with protein.

Normal Training: 1 serving per 100 pounds of body weight.

Intense Training: 1-2 servings per 100 pounds of body weight.

Off Days: Can take 1 serving per 100 pounds of body weight to assist in muscle recovery.

WARNING: Consult a physician or healthcare provider before using this or any other dietary supplement or starting any exercise program. Do not exceed recommended dose. Maintain adequate hydration when using. CON-CRĒT is not a steroid. It is safe and legal. Exposure to moisture and humidity may cause clumping but will not affect the product. Stirring is suggested prior to use.

*When used as directed.

*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.

