

Suggested Usage: Take 1 scoop (5 grams) daily or as directed by your qualified healthcare provider. On training days it is recommend to take just before or directly after workouts and anytime of day on rest days to help maintain levels.

SUPPORTS FAST RECOVERY AFTER EXERCISE**

HPLC TESTED FOR PURITY & 100% MICRONIZED

ENHANCES ATHLETIC PERFORMANCE**

KETO & LOW CARB DIET FRIENDLY

** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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NUTRITION

CREATINE MONOHYDRATE 325

RECOVERY

NET WT 11.5 OZ (325 G)

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Scoop (5 grams)
Servings Per Container 65

Amount Per Serving	% Daily Value
Creatine Monohydrate	5,000 mg*

*Daily Value not established.

Other Ingredients: None.

Contains no added milk, egg, peanut, tree nut, fish, shellfish, soy, wheat, gluten or yeast ingredients.

This product is manufactured in a facility that processes other products that contain milk or egg.

Formulated by & Manufactured for: MRM
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