

Supplement Facts:

Serving Size: 1 Capsule

Servings Per Container: 240

Amount Per Capsule 750mg**PCr-Mono Matrix™** (Proprietary Blend).....646mg

Phosphocreatine*

Creatine Monohydrate*

Glucovar / Adenylate Cyclase Sensitization Complex

(Proprietary Blend).....104mg

Banaba Extract (Lagerstroemia Speciosa 1% Corosolic Acid)*

Gymnema Sylvestra (75% Extract)*

D-Pinitol*

Bioperine® (95% - 98% Piperine)* Registered Trademark of

Sabinsa Corp. and holds patent # 5,536,506

Inactive Ingredients: Gelatin, Candurin Silver Fine, FD&C RED #3,
FD&C YELLOW #5, FD&C Blue #1

* Daily value not established



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Questions and comments may be directed to our website at:

www.appliednutraceuticals.comwww.appnut.com**RECOMPED****EDUWAR®****Next Generation Creatine for
Maximum Cellular Recovery****240 Capsules****750mg**

- Formulated to mirror your body's naturally occurring intramuscular creatine profile
- Increases cellular volume maximizing muscular size and strength while increasing protein synthesis
- Maximizes nutrient uptake for superior post-workout recovery

Dietary Supplement

Suggested Dosage:
(Take with Carbohydrates)

Body Weight (lbs.)	Divided Doses (2x a Day)
Up to 150	2 Capsules (4 Daily)
150-250	3 capsules (6 Daily)
250 and up	4 capsules (8 Daily)

DIRECTIONS: Take immediately post-workout with carbohydrates, preferably sugars. Take second dose with any other meal throughout the day containing carbohydrates.

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.

WARNINGS: This product is only intended to be consumed by healthy adults 18 years of age or older. Do not use if you are pregnant or nursing. Before using product, seek advice from a physician if you are unaware of your current health condition or have any pre-existing medical condition including but not limited to kidney disease or if you are taking any prescription or over the counter medication. Do not use if you are pregnant, nursing, prone to dehydration or exposed to excessive heat. Discontinue use and consult your health care professional if you experience any adverse reaction to this product. Before beginning any weight loss program, consult your health care provider. Store at room temperature and avoid excessive heat. Do not use if inner safety seal is broken or missing. **KEEP OUT OF REACH OF CHILDREN.**