

Creatine is converted to phosphocreatine which is important for short energy bursts such as sprinting and weight lifting.

Depletion of phosphocreatine can result in muscular fatigue and fading muscle power.

**TAMPER EVIDENT:** Do not use this product if imprinted foil seal under cap is broken or missing.

Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs)

Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability.

**CAUTION:** Creatine should be avoided by children, adolescents, pregnant women, nursing mothers or anyone at risk for renal disorders such as diabetics.

Keep tightly closed. Store at room temperature: 59°-86°F (15° to 30°C). **KEEP OUT OF REACH OF CHILDREN.**



# CREATINE

## Performance Enhancer

**For Power and Strength Athletes**

**Free-Form Amino Acid**

**Gluten Free** Dietary Supplement

**300 CAPSULES**

### Supplement Facts

Serving Size 3 Capsules  
Servings Per Container 100

Amount Per Serving	
Creatine monohydrate .....	2250 mg *

\*Daily Value not established.

Other ingredients: K-gelatin, vegetable cellulose, vegetable magnesium stearate, silica.



**DIRECTIONS:** As a dietary supplement, take 3 capsules two times daily, preferably before and after exercise.

Distributed by: **Wonder Laboratories**®  
115 S.C.T. Ct.

White House, TN 37188

**Made in USA**

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