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Suggested Use: 3 tablets taken with water, fruit juice, or your preferred beverage. 1 to 2 times daily, before and/or after exercise or as directed by a healthcare professional. It may be advisable to take this product in cycles: 4 to 6 weeks on, then 4 to 6 weeks off.

CAUTION: Do not exceed the recommended dose. This product is not intended for pregnant or nursing mothers or children under the age of 18. Maintain sufficient fluid intake while taking this product. If you have a known medical condition and have questions about the advisability of taking this product, consult your physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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.



CREA-FORM

Formulated for Increased Absorption
Helps Boost Performance & Endurance

DIETARY SUPPLEMENT
90 Tablets

Supplement Facts

Serving Size 3 Tablets
Servings Per Container: 30

Amount Per Serving

Creatine Monohydrate Powder	4551 mg	*
Creatine HCl	300 mg	*
Creatine Pyruvate	150 mg	*

*Daily Value not established.

Other ingredients: Vegetable stearic acid, povidone, vegetable magnesium stearate, pharmaceutical glaze and croscarmellose sodium.

**KEEP OUT OF THE REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS DAMAGED
OR MISSING. STORE IN A COOL, DRY
PLACE.**

Manufactured for:
Power Blendz
6905 Plainfield Rd. Cincinnati, OH 45236
1.866.455.0024 PowerBlendz.com



V1-16