SUGGESTED USE: 3 tablets taken with fruit juice 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.

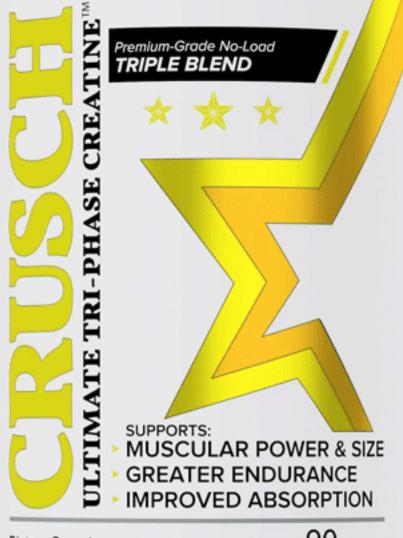
KEEP OUT OF THE REACH OF CHILDREN, DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

Manufactured for: BELDT Labs, Inc. (888)861-9696 Sherman Oaks, CA 91423 For questions or comments, please contact us at www.BELDT.com

Please Recycle.







Supplement Facts : Serving Size 3 Tablets Servings Per Container: 30 Amount Per Serving Creatine Monohydrate Powder 4800 mg Creatine Alphaketoglutarate 51 mg Creatine Pyruvate 150 mg

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

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.

*Daily Value not established.



Dietary Supplement

90_{Tablets}

Visit BELDTAssist.com for more information and supplements best practice