

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



CRUSCH

ULTIMATE TRI-PHASE CREATINE™

Premium-Grade No-Load
TRIPLE BLEND



SUPPORTS:

- ▶ **MUSCULAR POWER & SIZE**
- ▶ **GREATER ENDURANCE**
- ▶ **IMPROVED ABSORPTION**

Dietary Supplement

90 Tablets

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	*

*Daily Value not established.

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.



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Visit BELDTAssist.com for more information and supplements best practices.