

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

Creatine is converted to phosphocreatine which is important for short energy bursts such as sprinting and weightlifting. 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. FDA Registered Facility (Reg. #1023013) Mfg. under Good Manufacturing Practices (GMPs)

KEEP OUT OF REACH OF CHILDREN.

Keep tightly closed.

Store at room temperature: 59°-86°F (15° to 30°C).

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

Rev #01



Gluten Free #190



CREATINE

PERFORMANCE ENHANCER

For Power and Strength Athletes

Dietary Supplement

90 CAPSULES

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving	
Creatine	2250 mg*
(as creatine monohydrate)	

* Daily Value not established.

Other ingredients: Gelatin, vegetable cellulose, vegetable magnesium stearate, silica.

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

Mfg. by: **Dee Cee Laboratories, Inc.®**

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Made in USA