



WARNING: This product is only intended to be consumed by healthy individuals 18 years of age or older. This product is not recommended for pregnant or nursing women. Before using this product, consult with your physician, especially if you are using any prescription or over the counter medication or if you have any preexisting medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Immediately discontinue use and consult your health care professional if you experience any adverse reaction to this product. Discontinue use 2 weeks prior to surgery. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of the reach of children. Store in a cool, dry place.

DIRECTIONS: Mix 1 scoop (5000 mg) with 8-12 ounces of water, juice, or protein shake and consume before or immediately after a workout. Take 1 scoop in the morning on your non-training days. Be sure to drink at least 8 glasses of water daily when supplementing with creatine monohydrate.

 **Crush It!** >> Protect from heat, light and moisture.
>> Store at 10-25°C (50-77°F)

*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.

 **WARNING:** Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.



CORE NUTRITIONALS®

CREATINE

BUILD⁺ | DEVELOP⁺ | EVOLVE⁺

DIETARY SUPPLEMENT
80 SERVINGS • 14.1 OZ (400 G)

Supplement Facts

Serving Size: 1 scoop (5000 mg)
Servings Per Container: 80

	Amount Per Serving	% Daily Value
Creatine Monohydrate	5000 mg	**

**Daily value not established.

Manufactured in a U.S. cGMP Facility. Distributed by:
Core Nutritionals, LLC, Statesville, NC 28625.
(888) 978-2332, info@corenutritionals.com, corenutritionals.com

