



Creatine Monohydrate

Micronized Creatine Monohydrate

5000mg

Per Serving

50

Servings

250g

Per Container

UNFLAVORED

BUCKED UP.

NET WT. 8.82 OZ (250 G)
DIETARY SUPPLEMENT

RECOMMENDED DOSAGE & DIRECTIONS: As a dietary supplement, take as directed by your healthcare professional or as follows:

Loading Phase: Days 1-5: Mix 1 scoop with 6-8 oz of water (or preferred beverage) and take 4 times daily.

Maintenance Phase: Day 6 and on: Mix 1 scoop with 6-8 oz of water (or preferred beverage) and take once daily. To maximize results, drink 8-10 glasses of water daily.

Supplement Facts

Serving Size: 1 Scoop (5g)

Servings Per Container: 50

Amount Per Serving	% DV
Creatine Monohydrate (micronized)	5g *

* Daily Value (DV) not established.

OTHER INGREDIENTS: None.

- ✓ **Gluten Free**
- ✓ **Non-GMO**
- ✓ **GMP Compliant**

MANUFACTURER'S DISCLAIMER: Consult your physician before taking this product if you are taking any prescriptions, over-the-counter medications or supplements. Do not use this product if you are pregnant or nursing. Do not use this product if you are being treated for, or are at risk of any medical condition. Discontinue use and consult a healthcare professional if you experience any adverse reaction to this product. **Do not use if safety seal is missing or broken.**

† 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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