

**SUGGESTED USE:**

As a dietary supplement, take 4 capsules daily with 8-12 oz of water or as directed by your healthcare professional.

- **THIRD PARTY TESTED†**
- **NON-GMO†**
- **GLUTEN-FREE†**

**WARNING:** For healthy individuals 18 years and older. Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not use if safety seal is broken or missing.

**NOTICE:** Store in a cool, dry place.

Distributed by Nutricost®  
351 E 1750 N Vineyard, UT 84059  
(866) 438-3694 | support@nutricost.com  
[www.nutricost.com](http://www.nutricost.com)

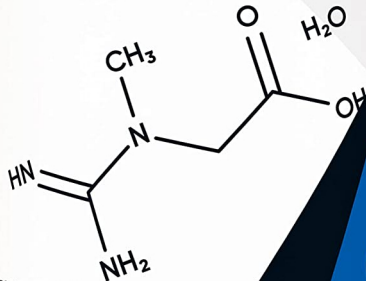
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**nutricost**  
PERFORMANCE

# CREATINE MONOHYDRATE

**3g** | **500** | **125**  
PER SERVING | CAPSULES | SERVINGS



500 CAPSULES  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 4 Capsules  
Servings Per Container: 125

Amount Per Serving	% DV
Creatine Monohydrate	3g *

\* Daily Value (DV) not established.

Other ingredients: Capsule (gelatin), magnesium stearate (vegetable source).

† 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.

