

Creatine Monohydrate is a naturally occurring compound found in the human body and obtained in the diet primarily from meat and fish. Creatine is a popular supplement among active individuals because of its ability to serve as an energy reservoir, especially during intense physical exertion. During short, intense bursts of activity, the body breaks down adenosine triphosphate (ATP) into adenosine diphosphate (ADP) and phosphate for energy. Creatine helps the body convert ADP back to ATP, providing greater amounts of ATP for energy, which may increase short-term endurance and strength. Certain research publications indicate that Creatine may help support the following:

- Supports muscle strength gains\*
- Accelerates power & recovery from exercise\*
- Helps increase strength & power\*

**CAUTION:** For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**Keep out of the reach of children.**

**Do not use if safety seal is broken or missing.**

**Keep in cool, dry place.**

*\*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.*

 **MADE IN USA**



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# Creatine Monohydrate

## Premium Formula

# 1000 mg

## 3rd Party Lab Tested

240 TABLETS

DIETARY SUPPLEMENT



## Supplement Facts

Serving size: 3 tablets  
Servings per container: 80

	Amount per serving	%Daily Value
Creatine Monohydrate	3.0 g (3,000 mg)	*

\*Daily Value not established.

**Other Ingredients:** Cellulose, vegetable stearate, croscarmellose sodium, silica, pharmaceutical glaze, dicalcium phosphate, stearic acid.

**SUGGESTED USE:** As a dietary supplement, take three (3) tablets with fruit juice or other sweetened liquid 3 to 4 times daily, before and after exercise, for the first 7 days. Thereafter, for maintenance use, consume 3 tablets 1 to 3 times daily. Allow 3 to 4 hours between doses. For continuous use beyond 28 days, use one serving (3 tablets) daily. Consider taking these other Best Naturals Products: Calcium Pyruvate and D-Ribose.

*No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Corn, No Soy, No Egg, No Lactose, No Gluten, No Wheat, No Fish, No Yeast.*

Manufactured for Best Naturals,  
PO Box 394, Kenilworth NJ 07033 USA  
[www.shopbestnaturals.com](http://www.shopbestnaturals.com)

For additional information call 1-877-659-6004  
Lot# Exp#

