

## THE TRUE STRENGTH OF CREATINE

Highly researched, creatine monohydrate has been shown to support muscle strength, power, and size when combined with high-intensity activities.<sup>^</sup> Our Micronized Creatine Powder is made with Creapure<sup>®</sup>, a creatine monohydrate known for its exceptional purity. It's also micronized (to make the particles smaller), so our powder mixes easier and stays suspended in liquid longer than non-micronized creatine supplements.

**SUGGESTED USE: CREATINE LOADING:** Take 1 rounded teaspoon of Micronized Creatine Powder with morning, afternoon, and evening meals and 1 additional rounded teaspoon before going to bed for 4-5 days. **CREATINE MAINTENANCE:** Take 1 rounded teaspoon with a meal or immediately after training with your post-workout protein shake. **TIPS:** Drink at least 8 glasses of water daily when supplementing with creatine. Consuming simple carbohydrates with creatine may help improve overall effectiveness.

**WARNING:** CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18 OR WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT OR NURSING.

STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.



12-270-385

**ON**  
**TRUE STRENGTH**  
WWW.OPTIMUMNUTRITION.COM



# MICRONIZED CREATINE POWDER

UNFLAVORED

**5G**  
CREATINE

**0**  
CALORIES

MADE WITH **Creapure**

**114**  
SERVINGS

NET WT. 600 G (1.32 LB) CREATINE SUPPLEMENT

## Supplement Facts

Serving Size 1 Rounded Teaspoon (5.25 g)  
Servings Per Container 114

### Amount Per Serving

Creatine Monohydrate 5 g\*

\* Daily Value not established.

**OTHER INGREDIENTS:** None.

MANUFACTURED BY **ON** 975 Meridian Lake Dr.  
OPTIMUM NUTRITION Aurora, IL 60504

**DIRECTIONS:** Add 1 rounded teaspoon of Micronized Creatine Powder to a glass filled with 8-12 oz of cold water or fruit juice. Then mix it up with a spoon. **TIP:** Power-up protein, meal-replacement, and weight-gainer shakes with a rounded teaspoon of Micronized Creatine Powder.

^ 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.

MANUFACTURED  
IN THE USA

This product contains ingredients  
of international and domestic origin



1-800-705-5226 **TRUESTRENGTH.COM**

PATENTED CREATINE FORMULA

**Creapure** is a registered trademark of AlzChem AG Trostberg GmbH.