

Recommended Use: As a dietary supplement, take as directed by your healthcare professional or as follows:

Loading Phase: Day 1 through 5: Mix 1 scoop with 8-12 oz of water and take 4 times daily.

Maintenance Phase: Day 6 forward: Mix 1 scoop with 8-12 oz of water and take once daily.

To maximize results, drink 8-10 glasses of water daily.

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. Contents are sold by weight, not volume. Some settling may occur.

nutricost

CREATINE MONOHYDRATE

Micronized Creatine Monohydrate

5g

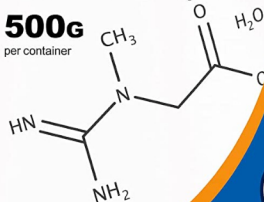
per serving

100

servings

500g

per container



■ UNFLAVORED

Net Wt. 17.6 OZ (1.1 LB) (500 G) | Dietary Supplement

Supplement Facts

Serving Size: 1 Scoop (5g)
Servings Per Container: 100

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

* Daily Value (DV) not established.

Other ingredients: None.



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† 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.

