

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. Our Micronized Creatine Powder is made with Creapure®, 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. Intended for use in healthy adults and as part of a healthy, balanced diet and exercise program. **TIPS:** Drink at least 8 glasses of water daily when supplementing with creatine. Consuming carbohydrates helps with muscle retention of creatine.

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.

TRUE STRENGTH
WWW.OPTIMUMNUTRITION.COM



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MICRONIZED CREATINE POWDER

5G
CREATINE
MONOHYDRATE

0
CALORIES

UNFLAVORED

MADE WITH Creapure®

28
SERVINGS

NET WT. 5.3 OZ (150 G) CREATINE SUPPLEMENT

Supplement Facts

Serving Size 1 Rounded Teaspoon (5.25 g)
Servings Per Container 28

Amount Per Serving

Creatine Monohydrate 5 g*

* Daily Value not established.

OTHER INGREDIENTS: None.

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

DIRECTIONS: Add 1 rounded teaspoon of Micronized Creatine Powder to a glass filled with 8-12 oz of 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

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