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. Creatine can also be stored for later use by cells, creating the "energy reservoir" active individuals desire.* Certain research publications indicate that Creatine may help support the following:

- 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.

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Best Naturals®

Creatine Monohydrate

Premium Formula

GOOD MANUFACTURING PRACTICE GMP PRODUCT

Pure Powder

3rd Party Lab Tested

Net Wt. 1 lb. (454g) **DIETARY SUPPLEMENT**

Supplement Facts

Serving size: 1 level tablespoon (5.0 g)
Servings per container: 91

	Amount per serving	%Daily Value
Creatine Monohydrate	5.0 g (5,000 mg)	*

*Daily Value not established.

Other Inrgedients: None.

SUGGESTED USE: As a dietary supplement, mix 1 level tablespoon in 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 1 to 3 times daily. Allow 3 to 4 hours between doses. For continuous use beyond 28 days, use one serving daily. Consider taking this product in combination with Best Naturals 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. Sodium Free.

Manufactured for Best Naturals,
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For additional information call 1-877-659-6004

Lot# Exp#