

Suggested Use: Take 6 veggie capsules daily, before or after exercise, or as recommended by a Healthcare Practitioner.

Formulated Without: GMOs or Gluten.

Warnings: Keep out of reach of children. As with all dietary supplements, it is recommended to consult with a healthcare professional before adding something new to your health and wellness regimen.

Natural color variation may occur in this product.

Sealed for your protection, do not use if seal is missing or broken. Store in a cool dry place.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



LAKE AVENUE™
NUTRITION

Creatine Monohydrate

750 mg

**Supports Muscle
Health & Energy
Production***

Dietary
Supplement

240 Veggie Capsules

Supplement Facts

Serving Size 6 Veggie Capsules
Servings Per Container 40

	Amount Per Serving	%Daily Value
Creatine Monohydrate	4.5g (4,500 mg)	†

† Daily Value not established

Other Ingredients: Hypromellose (Cellulose Capsule) and Stearic Acid (Vegetable Source).

Not manufactured with milk, egg, fish, shellfish, tree nuts, peanuts, wheat, soy or gluten. Produced in a third-party GMP facility that may process other products that contain these allergens or ingredients.

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