

Suggested Use: Mix 1½ level teaspoons 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 1 serving daily, or as recommended by a healthcare practitioner. Consume plenty of fluids with this product.

Formulated Without: GMOs, Gluten or Soy.
Suitable for Vegetarians

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.



LAKE AVENUE™
NUTRITION

Creatine

5,000 mg of
Creatine Monohydrate

Unflavored

Dietary
Supplement

Net Wt. 32 oz. (2 lbs. / 907 g)



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Supplement Facts

Serving Size 1½ Level Teaspoons (approx. 5g)

Servings Per Container 181

	Amount Per Serving	%Daily Value
Creatine Monohydrate	5g (5,000 mg)	†

† Daily Value not established

Other Ingredients: None.

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.

Lake Avenue Nutrition™ is a trademark of Madre Labs, LLC

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