

SUGGESTED USES

CREATINE LOADING: MIX ONE SCOOP WITH MORNING, AFTERNOON AND EVENING MEALS, AND ONE ADDITIONAL SCOOP BEFORE BED FOR 4 TO 5 DAYS TO HELP SATURATE YOUR MUSCLES WITH CREATINE.

CREATINE MAINTENANCE: MIX ONE SCOOP PER DAY, IMMEDIATELY AFTER TRAINING.

Supplement Facts

Serving size: 1 Scoop (5g)
Servings Per Container: 100 (500g)

Amount Per Serving	%DV
Creatine Monohydrate	5g **

** Daily Value not established

MANUFACTURED FOR AND DISTRIBUTED BY:
ONNX NUTRITION LLC, WICHITA, KS 67208

WARNING: This product is intended as a dietary supplement only. Do not use as a sole source of nutrition. Consult a medical doctor before starting any diet or exercise program. Discontinue use and consult a medical doctor if you experience unusual symptoms. Do not use if packaging has been tampered with. Keep container tightly closed in a cool, dry and dark place.

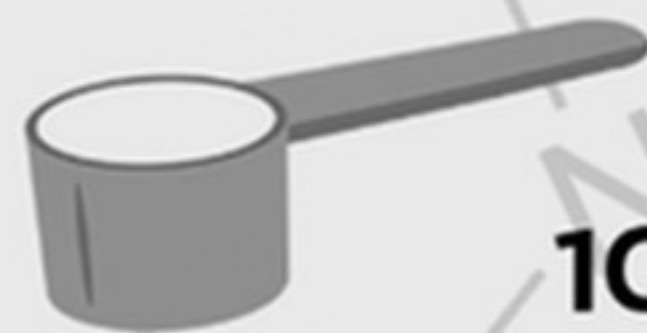
† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

ONNX
NUTRITION

MICRONIZED
CREATINE

100% PURE PHARMACEUTICAL GRADE

5g
UNFLAVORED
100 SERVINGS
DIETARY SUPPLEMENT | 17.64 OZ (500g)



TRIED & TRUE

ONNX® CREATINE IS FORMULATED WITH 100% PURE, PHARMACEUTICAL GRADE MICRONIZED CREATINE MONOHYDRATE, DELIVERING 5g OF PURE, UNFLAVORED POWDER PER SERVING.

CREATINE HAS WEATHERED THE AGES OF THE SPORTS NUTRITION INDUSTRY, AND IS STILL CONSIDERED BY EXPERTS TO BE ONE OF THE MOST EFFECTIVE PERFORMANCE SUPPLEMENTS FOR ATHLETES WHO TRAIN AT HIGH INTENSITY. CREATINE MONOHYDRATE HAS BEEN SHOWN THROUGH EXTENSIVE RESEARCH TO IMPROVE RECOVERY, ENDURANCE, STRENGTH AND MUSCLE BUILDING.

ONNX® CREATINE MIXES EASILY, AND CAN BE ADDED TO SHAKES, SMOOTHIES, OR ANY OF YOUR OTHER FAVORITE BEVERAGES.

ONNX | NUTRITION

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