

TABLET SIZE

now
SPORTS

Creatine Monohydrate

1200 mg

Fast Acting Disintegration

ATP Energizer*

150 Tablets

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 3 Tablets
Servings Per Container 50

	Amount Per Serving	% Daily Value
Calories	10	
Creatine Monohydrate	3.6 g (3,600 mg)	†

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Silica and Vegetarian Coating.

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

For more product information visit www.nowfoods.com/2048

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening. Please Recycle.

*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.

SUGGESTED USAGE: As a dietary supplement, take 3 tablets with 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 3 tablets 1 to 3 times daily. Allow 3 to 4 hours between doses. For continuous use beyond 28 days, use one serving (3 tablets) daily. Consider taking these other NOW® products: Pyruvate, D-Ribose and Carbo Gain. 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.*

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition (especially kidney condition). Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.



Made in the USA

CODE 2048

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