

## RUNNER'S CREATINE

Creatine is one of the fastest growing supplements for runners... and for good reason! It's proven to support energy and endurance while aiding in muscle synthesis and recovery. Runner's Creatine is your new secret weapon to overall running performance.

▼  
**HELPS BOOST  
ENERGY**

▼  
**SUPPORTS  
PERFORMANCE**

▼  
**HELPS BUILD  
STRENGTH**

▼  
**GENTLE ON  
STOMACH**

**RUNFIT**  
NUTRITION®



# RUNNER'S CREATINE

**DIETARY SUPPLEMENT**

FORMULATED  
IN THE USA

**90** TABLETS

**PERFORMANCE**

- SUPPORTS RUNNING ENDURANCE & ENERGY
- SUPPORTS MUSCLE GROWTH & RECOVERY
- SPECIAL BLEND OF THREE CREATINE TYPES



Distributed By:  
RUNFIT NUTRITION  
PO Box 364,  
Germantown WI, 53022  
[www.runfitnutrition.com](http://www.runfitnutrition.com)

## Supplement Facts

Serving Size: 3 Tablets

Servings per container: 30

| Amount Per Serving          | % Daily Value |
|-----------------------------|---------------|
| Creatine Monohydrate Powder | 4800 mg *     |
| Creatine Alphaketoglutarate | 51 mg *       |
| Creatine Pyruvate           | 150 mg *      |

\* Daily Value not established

OTHER INGREDIENTS: Vegetable stearic acid, vegetable magnesium stearate, croscarmellose sodium, and pharmaceutical glaze.

/// CAUTION ///

Do not exceed the recommended dose. This product is not intended for pregnant or nursing mothers or children under the age of 18. Maintain sufficient fluid intake while taking this product. If you have a known medical condition and have questions about the advisability of taking this product, consult your physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

KEEP OUT OF THE REACH OF CHILDREN.  
DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A 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.

**SUGGESTED USE:**

3 tablets taken with fruit juice 1 to 2 times daily, before and/or after exercise or as directed by a healthcare professional. It may be advisable to take this product in cycles: 4 to 6 weeks on, then 4 to 6 weeks off.

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