

USAGE: Take 1 to 6 capsules with water or fruit juice (Glucose, as found in certain fruit juices, enhances uptake and utilization of creatine monohydrate) – a minimum of 2.5 ounces of fluid for each capsule consumed; for higher intakes, consult your qualified healthcare professional.

NOTE: If you have a medical condition (especially kidney or liver disorders), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Creatine is synthesized in the liver and stored in the major muscles, including cardiac and skeletal tissues. Once inside the muscle cells, creatine is phosphorylated to form **creatine phosphate** (CP), which, as a high energy substrate for the universal energy molecule adenosine triphosphate (ATP), assists in the contraction of the myofibrils (muscle fibers).^{*} Creatine Phosphate is utilized to maintain higher levels of ATP during exercise.^{*} Creatine Phosphate maximizes physical performance and reduces exercise fatigue by absorbing hydrogen ions released by muscles in the form of lactic acid.^{*} Intense anaerobic exercise, such as weight lifting and sprinting, depletes ATP and greatly increases the demand for creatine.^{*}

Keep out of the reach of children.

* 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.

Jarrow
FORMULAS

Creatine Monohydrate CAPS

Purity Assured by HPLC

800
MILLIGRAMS

120
CAPSULES

Creapure®



**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 120

	Amount Per Serving	% DV
Creapure® Creatine Monohydrate	800 mg	*

* Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source) and cellulose. Capsule consists of gelatin.

Creapure® Creatine Monohydrate is made in a GMP facility in Germany. **Quality Assurance:** Purity of product assured by High Pressure Liquid Chromatography (HPLC).

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Creapure® is a registered trademark of AlzChem Trostberg, GmbH, Germany. Reg. # 2,715,915

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Lot #. Best Used Before:

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