

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.

Caution: Do not exceed 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.

KEEP OUT OF 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.

Lot # and Best by date printed on the bottom of the bottle.


**Nature's
Craft**

CREATINE

• TRI-PHASE •

PRE-WORKOUT ENERGY*
SUPPORT MUSCLE RECOVERY*

90 TABLETS DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 30

Amount Per Serving	% Daily Value	
Creatine Monohydrate Powder	4.8g	**
Creatine Alphaketoglutarate	51mg	**
Creatine HCl	150mg	**

** Daily Value not established

Other Ingredients: Povidone, Stearic Acid, Croscarmellose Sodium, Magnesium Stearate, Silicon dioxide, Pharmaceutical glaze (Shellac, Povidone)

Manufactured Exclusively For: **Nature's Craft**

Pomona, NY 10970 | shopnaturescraft.com | 408-599-3841
hello@shopnaturescraft.com



Follow us on:    @shopnaturescraft