

## THE OBJECTIVE:

Creatine Monohydrate is one of the most studied tried and true dietary supplements on the market. Used both pre and post-workout, Creatine Monohydrate helps to improve athletic performance through ATP production, supporting both muscular strength and muscular endurance.\*

## CREATINE SUGGESTED USE:

As a dietary supplement, mix one scoop (5g) with 8-10 fl. oz of water or your favorite sports drink immediately following your workout. For best results, take pre and post-workout. Consume ample amounts of water while taking this product.

\*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.



**Bt** Basic Training  
DIETARY SUPPLEMENT

MUSCLE RECOVERY\*



60 SERVINGS

# CREATINE MONOHYDRATE

BASIC TRAINING SERIES®

5G PER SERVING



Net Wt. 10.58 oz (300g)

## Supplement Facts

Serving Size: 1 Scoop (5g)  
Servings Per Container: 60

	Amount Per Serving	%DV
Creatine (as Creatine Monohydrate)	5g	**

\*\*Daily Value (DV) not established.

Distributed by: Redcon1, LLC 701 Park of Commerce Blvd., Suite 101  
Boca Raton, FL 33487 TEL: 1(855) 733-2661

WARNING: This product is intended to be consumed by healthy adults 18 years of age or older. Do not use if you are pregnant, nursing, taking any prescription or over-the-counter medications or supplements, or if you have or suspect you may have a medical condition. Consume ample amounts of water while taking this product. As with any dietary supplement, consult a healthcare professional before using this product. Discontinue 2 weeks prior to surgery. Immediately discontinue use and consult a healthcare professional if you experience any adverse reactions. KEEP OUT OF REACH OF CHILDREN.

STORE AT 59-86°F (15-30°C). PROTECT FROM LIGHT AND MOISTURE. PRODUCT DOES NOT COMPLETELY FILL THE CONTAINER. SETTLING OCCURS IN SHIPPING.



MUSCLE RECOVERY\*



5 GRAMS PER SERVING



ATHLETIC PERFORMANCE\*

REDCON1.COM You Tube f o b e

