



Suggested Use:

Creatine monohydrate can be supplemented through a loading protocol. To start loading, take 0.3 grams per kilogram of bodyweight per day for 5-7 days, then follow with at least 0.03-0.06 g/kg/day either for three weeks (if cycling) or indefinitely (without additional loading phases). For a 180 lb (82 kg) person, this translates to 25 g/day during the loading phase and 2.5-5 g/day afterward. Higher doses (up to 10 g/day) may be beneficial for people with a high amount of muscle mass and high activity levels, or for those who are non-responders to the lower 5 g/day dose.

Warning:

KEEP OUT OF REACH OF CHILDREN.

This product should not be taken by individuals who are pregnant, nursing, have or suspect a medical condition, are taking any medications, or are under 18 years of age. Consult a physician before taking this or any other dietary supplement. 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.

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GORILLA MODE CREATINE

CREATINE MONOHYDRATE

ENHANCES STRENGTH & POWER[†] • INCREASES LEAN MUSCLE MASS[†] • THE MOST EFFECTIVE FORM OF CREATINE[†]

30 SERVINGS

DIETARY SUPPLEMENT
NET WT. 0.33 LB (150g)

Supplement Facts

Serving Size: 1 Scoop (5g)

Servings Per Container: 30

1 Scoop (5g)	Amount Per Serving	%DV
Creatine Monohydrate (micronized)	5 g	†
†Daily Value (DV) not established.		
*Percent Daily Values (DV) are based on a 2000 calorie diet.		

Manufactured Exclusively For: Gorilla Mind, LLC
7154 W State Street, STE 138, Boise, ID 83714, U.S.A
support@gorillamind.com
+1-833-GRLAMND

