

99.9% *Creatine*99.9% *Creatine*99.9% *Creatine*

PERFORMANCE ESSENTIAL SUPPLEMENT

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Creatine

Creatine is by far the most heavily researched and time tested of all sports nutrition supplements. Time and again, Creatine has been proven to increase muscle strength, size and endurance. 4DN Creatine™ super saturates your muscles with phosphocreatine, a molecule critical for both the storage and release of the energy required for muscular contractions. On a chemical-energy level, additional phosphocreatine dramatically increases the capacity for your muscle tissue to store the energy necessary for rapid, forceful muscular contraction.*

Through supplementation with Creatine you literally increase your ability to lift heavier, for longer with greater force. The result, you gain strength, size and power.*

4DN's ultra-pure micronized Creatine is pure, clean and unflavored. The white ultra-fine crystalline powder is virtually tasteless and mixes easily in cold water. No Creatine product is purer than 4DN Creatine™.*

4DN Creatine™ is a must-have supplement for anyone looking to gain strength, size and power.



As a sports nutrition product 4DN™ CREATINE is manufactured under rigorous and stringent certifications known worldwide. Our production facility is EU (European Union), cGMP and HACCP certified. The result, 4DN™ CREATINE is a truly superior product that meets or exceeds the strictest standards in the world.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

5G PER SERVING



100% Pure Creatine Monohydrate

Creatine

Micronized Powder

Support Muscle Recovery
Improve Endurance
Increase Muscle Strength

60 SERVINGS

DIETARY SUPPLEMENT

300 G

Directions for Use: Take 1 to 2 servings of 4DN Creatine™ per day. Mix in cold water, juice or a beverage of your choice. Post-workout or upon waking are the best times to consume 4DN Creatine™ for maximum absorption. It is important to stay well hydrated while taking any Creatine product.

Supplement Facts

Serving size: 5 g (1 teaspoon)
Servings per container: 60 servings

	Amount per serving	% Daily Value
Creatine Monohydrate	5 g	*

* Percent Daily Values are based on a 2000 calorie diet.
† Daily value not established.

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MANUFACTURED IN USA

