

**RECOMMENDED USE:** Mix 1 teaspoon (5 grams) with water or your favorite protein supplement, MRP or high glycemic carbohydrate beverage. See chart for cycling events.

**WARNING:** Not intended for use by persons under the age of 18. Do not use this product if you are pregnant or nursing. Consult a health care professional if you have had heart, thyroid disease, diabetes, high blood pressure, psychiatric condition, difficulty in urinating, prostate enlargement, or seizure disorders.

**STORAGE INSTRUCTIONS:** Protect from heat, freezing, and sunlight and humidity (above 85%). Keep container tightly closed when not in use. Keep out of reach of children.

**DESCRIPTION:** SAN's micronized **PERFORMANCE CREATINE™** has 20 times more surface area than typical creatine, making it easier and faster to dissolve for more complete mixing. Regular creatine monohydrate sits in the gut longer which causes discomfort for many users. SAN's **PERFORMANCE CREATINE™** dissolves better and leaves the gut more quickly with no stomach upset or discomfort.\*



All products are manufactured under GMP (Good Manufacturing Practices) standards with stringent quality control guidelines. Additionally, each lot produced for SAN is independently tested for purity and potency by HPLC analysis to ensure only the highest quality ingredients in our innovative formula.\*

\*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.

**CYCLING DIRECTIONS:** Creatine works best with a 'Loading Phase' followed by a 'Maintenance Phase.' A basic creatine cycle consists of three parts. Take 20-30 g daily (depending on bodyweight) for 5-7 days (Loading Phase) then take 5-7.5 g daily (depending on bodyweight) for 3-4 weeks (Maintenance Phase). Take 1 or 2 weeks off creatine and repeat entire cycle (Wash-Out).

DAY TIME	UNDER 200 LBS		OVER 200 LBS	
	LOADING PHASE	MAINTENANCE PHASE	LOADING PHASE	MAINTENANCE PHASE
<b>TRAINING DAYS</b>				
MORNING	1	1	1 1/2	1
PRE WORKOUT	1		1 1/2	
POST WORKOUT	1		1 1/2	
NIGHT	1		1 1/2	
<b>NON-TRAINING DAYS</b>				
MORNING	1	1	1 1/2	1
LUNCH	1		1 1/2	
DINNER	1		1 1/2	
NIGHT	1		1 1/2	
<b>DURATION</b>	<b>5-7 DAYS</b>	<b>3-4 WEEKS</b>	<b>5-7 DAYS</b>	<b>3-4 WEEKS</b>

**SAN**  
We Deliver **RESULTS!**

# PERFORMANCE CREATINE™

**CREATINE MONOHYDRATE**

**5g** CREATINE PER SERVING | **MICRONIZED** TO 200 MESH | **FEATURES** CREASOLV™ BRAND CREATINE | **HPLC** TESTED & CERTIFIED | **60** FULL-DOSE SERVINGS

**TITANIUM**  
STANDARD

**CreaSolv™**

Dietary Supplement  
Net Weight 10.6 oz (0.66 lbs) 300 g

## Supplement Facts

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

Amount Per Serving	
Creatine Monohydrate (micronized)(CreaSolv™ Brand)	5 g**

\*\* Daily Value not established.

**OTHER INGREDIENTS:** None  
Manufactured in a facility that also processes egg, fish, shellfish, soy, peanuts, tree nuts and milk ingredients.

Distributed by:  
**SAN CORPORATION**  
716 N Ventura Rd #431  
Oxnard, CA 93030  
Toll Free: (888) 519-9300  
Int'l: (805) 988-0640  
**SANN.NET**

Manufactured in USA by:  
**SUPREME FORMULATIONS, LLC**  
2422 Sturgis Road  
Oxnard, CA 93030  
**SUPREMEFORMULATIONS.COM**

