

RECOMMENDED USE:

As a dietary supplement, take as directed by your healthcare professional or as follows:

Loading Phase: Day 1 through 5: Mix 1 scoop with 6-10 oz of water and take 4 times daily.

Maintenance Phase: Day 6 forward: Mix 1 scoop with 6-10 oz of water and take once daily.

To maximize results, drink 8-10 glasses of water daily.

- **THIRD PARTY TESTED†**
- **NON-GMO†**
- **GLUTEN-FREE†**

Warning: For healthy individuals 18 years and older. Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not use if safety seal is broken or missing.

Notice: Store in a cool, dry place. Contents are sold by weight, not volume. Some settling may occur.

**MADE AND QUALITY TESTED IN THE USA
WITH GLOBALLY SOURCED INGREDIENTS.**

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401574
NTC11.22



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PERFORMANCE

CREATINE MONOHYDRATE

MICRONIZED CREATINE MONOHYDRATE

5g

CREATINE
PER SERVING

100

SERVINGS

500g

PER CONTAINER

UNFLAVORED

NET WT. 17.6 OZ (1.1 LB) (500 G)
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Scoop (5g)

Servings Per Container: 100

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

* Daily Value (DV) not established.

Other ingredients: None.

† 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.

