

What does the creatine do to your body?

About 95% of creatine is stored in the skeletal muscle of your body and is used during physical activity. Creatine helps to maintain a continuous supply of energy to working muscles by keep production up in working muscles. Small amounts are also found in your heart, brain and other tissues.

Who should take creatine and why?

It supports quality of life in adults, brain health, and exercise performance. Vegetarians — who may not obtain enough creatine from their diet — and older adults may find supplementing particularly useful.

Directions: Mix 5G (1 Scoop) with juice or a carbohydrate drink.

Warning: If you have any health conditions, are pregnant, breastfeeding, or taking medication, ask a physician prior to use. Keep out of reach of small children.

* 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.

BEYOND HEALTH®

CREATINE

FUEL YOUR LIFE

NET WT. 500 G (17.64 OZ) | DIETARY SUPPLEMENT

Supplement Facts

Serving Size 5g

Servings Per Container 100

Amount Per Serving

% Daily Value**

Creatine Monohydrate

5000 mg

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† Daily Value not established.

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