

DIRECTIONS:

Mix 1 scoop with 6-8 fl. oz. of water or your favorite pre-workout or post-workout beverage. On rest days mix 1 scoop in your protein shake or water.

BENEFITS:

- ▶ Helps provide energy to muscles.*
- ▶ Promotes ATP synthesis during intense exercise.*
- ▶ Helps muscle recovery in-between workout sessions.*
- ▶ Supports cognitive function.*
- ▶ Creatine Monohydrate supports sustained creatine loading.*

WARNING: Not intended for anyone under the age of 18. If you are nursing, pregnant, taking medication or have a medical condition, consult your physician before taking this product.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY & DARK 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.

60
SERVINGS

ANABOLIC  WARFARE

CREATINE MONOHYDRATE

100% MONOHYDRATE



IMPROVE RECOVERY*



INCREASE PERFORMANCE*



SUSTAIN LOADING*

UNFLAVORED

DIETARY SUPPLEMENT

NET WT. 10.58 OZ (300 G)

Supplement Facts

Serving Size: 1 Scoop (5g)

Servings per Container: 60

	Amount Per Serving	%DV
Creatine Monohydrate	5 g	*

*Daily Value (DV) Not Established.

MANUFACTURED IN A FACILITY WHICH PROCESSES MILK, EGGS, FISH, SHELLFISH, TREE NUTS, PEANUTS, WHEAT, SOYBEANS, AND SESAME.

MANUFACTURED FOR & DISTRIBUTED BY:

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