

SUGGESTED 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.

nutricost
PERFORMANCE

CREATINE MONOHYDRATE

MICRONIZED CREATINE MONOHYDRATE

5g

CREATINE
PER SERVING

71

SERVINGS

500g

PER CONTAINER

BLUE RASPBERRY

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS
NET WT. 17.6 OZ (1.1 LB) (500 G)
DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Scoop (7g)

Servings Per Container: 71

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

* Daily Value (DV) not established.

Other ingredients: Malic acid (flavor enhancer), sucralose, natural flavors, blue spirulina (for color).

† 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.

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

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