

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.

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

WARNING: For healthy individuals 18 years or 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.

Distributed by Nutricost®
351 E 1750 N Vineyard, UT 84059
(866) 438-2694 | support@nutricost.com

www.nutricost.com

404673
NFC7.22



nutricost
PERFORMANCE

CREATINE MONOHYDRATE

MICRONIZED CREATINE MONOHYDRATE

5g

CREATINE
PER SERVING

71

SERVINGS

500g

PER CONTAINER

FRUIT PUNCH

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: Citric acid, sucralose, beet root powder (for color), natural flavors.

[†] These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any

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

