

OLD SCHOOL DEDICATION. MODERN SCIENCE.™

⚠ WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.

WARNING: This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Immediately discontinue use and consult your health care professional if you experience adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

DIRECTIONS:

Mix 1 scoop with 8-12 ounces of water, juice, or protein shake and consume before or immediately after training. Take 1 scoop in the morning on your non-training days. Be sure to drink at least 8 glasses of water daily when supplementing with creatine monohydrate.

†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.



ARMS RACE
NUTRITION
Basics

CREATINE MONOHYDRATE

BUILD† • DEVELOP† • EVOLVE†

60 SERVINGS • 10.58 OZ / 300 G

DIETARY SUPPLEMENT UNFLAVORED

Supplement Facts

Serving Size: 1 Scoop (5 g)

Servings Per Container: 60

	Amount Per Serving
Creatine Monohydrate	5000 mg*

*Daily Value not established.

Manufactured in a U.S. cGMP Facility.
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