

**SUGGESTED USAGE:** Take 6 capsules with fruit juice or other sweetened liquid 3 to 4 times daily, before and after exercise, for the first 7 days. Thereafter, for maintenance use, consume 6 capsules 1 to 3 times daily. Allow 3 to 4 hours between doses. For continuous use beyond 28 days, use one serving (6 capsules) daily. Consume plenty of fluids with this product.

Creatine is a compound that occurs naturally in the body, primarily in skeletal muscle. Creatine's function is to serve as a precursor to adenosine triphosphate (ATP), the form of chemical energy used by all cells.\* Body stores of creatine create a pool of readily available ATP for energy, which is necessary for fueling quick bursts of power and strength.\* Studies have demonstrated that creatine supplementation can help to maintain existing muscle tissue, support the growth and development of lean mass, and promote optimal performance during short bouts of intense exercise.\* NOW® Creatine Monohydrate has no additives or preservatives.

\*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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition (especially kidney condition). Keep out of reach of children.



# CREATINE MONOHYDRATE

● MASS BUILDING\* / ENERGY PRODUCTION\* ●



**120 VEG CAPSULES**  
A Dietary Supplement



## Supplement Facts

Serving Size 6 Veg Capsules  
Servings Per Container 20

### Amount Per Serving

Creatine Monohydrate	4.5 g (4,500 mg)**
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\*\* Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule) and Stearic Acid (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA  
nowsportsproducts.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

**Natural color variation may occur in this product.**

Store in a cool, dry, dark place after opening.

Code 2035BN v10

