

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you have kidney disease. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

*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.

TO REORDER ITEM # 19462
www.puritan.com
1-800-645-1030

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www.puritan.com

Puritan's Pride

CREATINE EXTREME 1000 MG

Creatine Monohydrate

*Muscle Strength,
Power & Recovery*^*

120 RAPID RELEASE
CAPSULES

DIETARY SUPPLEMENT

DIRECTIONS: For adults, take five (5) capsules daily with juice or other glucose-containing liquid. Take this product with an adequate fluid intake.

Supplement Facts

Serving Size 5 Capsules

Servings Per Container 24

Amount Per Serving	%Daily Value
Creatine Monohydrate	5,000 mg (5 g) **

**Daily Value not established.

Other Ingredients: Gelatin, Vegetable Magnesium Stearate.

In order to help maintain muscle and strength as we age, it is important that we continue to challenge our muscles with a weightlifting routine or similar resistance activity. Creatine can be beneficial for athletes as well as individuals looking to support lean muscle and strength as part of a healthy aging routine.*

*Use in conjunction with a daily exercise program and a balanced diet including an adequate caloric intake.

No Artificial Color, Flavor or Sweetener, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.