

Suggested Usage: Add 1 scoop to 6-8 oz water, juice, your favorite beverage or as directed by your healthcare provider. On training days it is recommend to take just before or directly after workouts and anytime of day on rest days to help maintain levels.

SUPPORTS FAST RECOVERY AFTER EXERCISE**

HPLC TESTED FOR PURITY & 100% MICRONIZED

ENHANCES ATHLETIC PERFORMANCE**

**** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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NUTRITION

CREATINE MONOHYDRATE 500

STRENGTH

DIETARY SUPPLEMENT

NET WT 1.1 LBS (500 G)

Supplement Facts

Serving Size 1 Scoop (5 grams)
Servings Per Container 100

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

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: None.

Contains no added milk, egg, soy, peanut, tree nut, fish, shellfish, wheat, gluten, yeast or sesame ingredients.

This product is manufactured in a facility that processes other products that contain milk, egg or fish.

This product is packaged by weight, not volume. Like many powdered food/supplement products the size of this container does not necessarily depict the actual amount of product within. Unavoidable and sometimes significant product settling may occur during shipping and handling.