

HER CREATINE

Made For Women

SHRED



DIETARY SUPPLEMENT
90 Capsules

WWW.SHREDZ.COM

WARNING: NEVER EXCEED RECOMMENDED DOSAGE
Not for use by persons under age 18. Do not use if pregnant or nursing. Do not exceed recommended dose. Do not consume synephrine or caffeine from other sources, including but not limited to, coffee, tea, soda and other dietary supplements or medications containing phenylephrine or caffeine. Contains caffeine. Do not use for more than 8 weeks. Consult your physician prior to use if you are taking medication, including but not limited to, MAOI inhibitors, antidepressants, aspirin, non-steroidal anti-inflammatory drugs or products containing phenylephrine, ephedrine, pseudo ephedrine, or other stimulants. Consult your physician prior to use if you have a medical condition, including but not limited to, heart, liver, kidney, or thyroid disease, psychiatric disorders, difficulty urinating, diabetes, high blood pressure, cardiac arrhythmia, recurrent headaches, enlarged prostate or glaucoma. Discontinue 2 weeks prior to surgery or if you experience rapid heart beat, dizziness, severe headaches or shortness of breath.

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

	Amount Per SRV	% DV *
Magnesium From Creatine MagnaPower®	48mg	12%
Calcium (Calcium Citrate)	14.7mg	1.47%
Potassium (Potassium Chloride)	27mg	0.77%
Sodium (Sodium Chloride)	18mg	<1%
Non-Bloating CREATINE Blend	2200mg	*
L-Arginine AKG, Beta-Alanine, Creatine MagnaPower® (Magnesium Creatine Chelate), Capsimax™ (Capsicum Extract Beadlets)		

* Percentage Daily Value Not Established

Other Ingredients: Gelatin, Magnesium Stearate, Rice Flour,
Titanium Dioxide, FD&C Red#40, FD&C Red#3, FD&C Blue#1

Creatine MagnaPower® is a registered trademark of Albion Laboratories and covered by U.S. Patent 6,114,379 and patents pending.



Directions: Take two (2) capsules preworkout followed by one (1) capsule post-workout.

THIS PRODUCT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.