

SUGGESTED USE:

As a dietary supplement, take as directed by your healthcare professional or as follows:

LOADING PHASE: Day 1 through 5: Mix 1 scoop with 6-10 oz of water and take 4 times daily.

MAINTENANCE PHASE: Day 6 forward: Mix 1 scoop with 6-10 oz of water and take once daily.

To maximize results, drink 8-10 glasses of water daily.

- **THIRD PARTY TESTED†**
- **NON-GMO†**
- **GLUTEN-FREE†**

WARNING: For healthy individuals 18 years or older. Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not use if safety seal is broken or missing.

NOTICE: Store in a cool, dry place. Contents are sold by weight, not volume. Some settling may occur.

Manufactured for: **nutricost**
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407746
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nutricost
PERFORMANCE

CREATINE MONOHYDRATE

MICRONIZED CREATINE MONOHYDRATE

5g | **100** | **500g**
PER SERVING | SERVINGS | PER CONTAINER

UNFLAVORED

NET WT. 17.9 OZ (1.1 LB) (500 G)
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Scoop (5g)
Servings Per Container: 100

Amount Per Serving	% DV
Creatine Monohydrate (micronized)	5g *

* Daily Value (DV) not established.

Other ingredients: None.

† 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.

MADE AND QUALITY TESTED IN THE USA WITH GLOBALLY SOURCED INGREDIENTS.

