

†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.



**SUPPORTS LEAN MUSCLE GAINS†**



**PROMOTES STRENGTH AND POWER†**



**AIDS CHANGES IN BODY COMPOSITION†**



**SPORT**

Creatine Monohydrate has been declared the most effective ergogenic supplement available for strength training.<sup>†</sup> It works to restore adenosine triphosphate (ATP), the energy source for muscles, during short-duration, explosive activity.<sup>†</sup> Creatine can help you sprint longer at your top speed, get more jumps at your best height, and perform more reps with heavy weight.<sup>†</sup>

**Suggested Use:** Adults, as a dietary supplement, take up to two scoops per serving mixed with eight ounces of water or your favorite beverage.

Consult a medical doctor before taking this or any other nutritional supplement if you are pregnant, nursing, have or suspect a medical condition, or are taking any medications. Store in a cool, dry place. Do not use if freshness seal is missing or broken.

KEEP OUT OF REACH OF CHILDREN

**ONNIT**

**CREATINE**

*Monohydrate*

**PROMOTES STRENGTH AND PERFORMANCE†**

**DIETARY SUPPLEMENT**

**NET WEIGHT 5.29 OZ (150 G)**

**GLUTEN FREE**

**SOY FREE**

**VEGAN**

Product is packaged by weight not volume.  
Some settling may occur.

## Supplement Facts

Serving Size 2 Scoops (5 g)  
Servings Per Container 30

|                                 | Amount Per Serving | %DV |
|---------------------------------|--------------------|-----|
| Micronized Creatine Monohydrate | 5 g                | *   |

\* Daily Values (DV) Not established

**Other Ingredients:** None

**Manufactured Exclusively For:** Onnit Labs, Inc.  
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