



**ALPHA LION**  
BE SUPERHUMAN

# CREATINE

CREATINE MONOHYDRATE



**STRENGTH**



**POWER**



**RECOVERY**

**60 SERVINGS**

**UNFLAVORED**

**NET WT. 10.58 OZ (300 G) DIETARY SUPPLEMENT**

**SUGGESTED USE:** It is recommended that you take 1 scoop (5g) daily with water, juice or your favorite supplement. Advanced users may take up to 2 scoops (10g) daily.

**REGULAR**



**5g**

(PER DAY)

**ADVANCED**



**10g**

(PER DAY)

**FOR MAXIMUM RESULTS:** Take Creatine as outlined above and stack with Superhuman Pre-Workout, Superhuman Intra, and Superhuman Protein (ideally taken before, during, and after workouts, respectively).†

**NOTE:** It is recommended to use the entire bottle consecutively and run an 8-week cycle.†

**ALLERGEN STATEMENT:** This product is manufactured in a facility that also processes other products which may contain milk, eggs, fish, shellfish, tree nuts, peanuts, soy, wheat, and sesame.



**RESEARCH SUPPORTED**  
FORMULATED USING THE LATEST SCIENCE†

**100%** TRANSPARENT LABELING

## Supplement Facts

Serving Size: 1 Scoop (5g) Servings Per Container: 60

	Amount Per Serving	%DV*
Creatine Monohydrate	5000 mg	**

\* Percent Daily Values (DV) are based on a 2000 calorie diet

\*\* Daily Value (DV) not established



**vitamin angels**  
PROUD SUPPORTER



Made in the USA with domestic and imported ingredients.

†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.

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MANUFACTURED EXCLUSIVELY FOR  
**ALPHA LION**  
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