

# CREATINE MONOHYDRATE

**WARNING: KEEP OUT OF REACH OF CHILDREN.** Do NOT use if under the age of 18. Do not use if pregnant or nursing. Consult a healthcare professional prior to consumption if you have any pre-existing medical conditions or are taking any prescription, over-the-counter medication, or other supplement. Improper use of this product will not improve results and is potentially hazardous to a person's health. Use only as directed. Do not use if the safety seal is missing or broken. If you experience ill feelings or any other adverse effects, discontinue this product immediately and consult a healthcare professional. Store in a cool, dry place.

\*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.



Manufactured for distribution by:  
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# CREATINE MONOHYDRATE



- ✓ MICRONIZED\*
- ✓ INCREASES STRENGTH\*
- ✓ PROMOTES MUSCLE GROWTH\*

**90 CAPSULES**  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 3 Capsules  
Servings Per Container: 30

	Amount Per Serving	DV%
Creatine Monohydrate	2,250mg	†

Percent Daily Values are based on 2,000 calorie diet.  
† Daily Value (DV) not established.

Other Ingredients: Gelatin (bovine), magnesium stearate, and silica.

**Directions:** As a dietary supplement, take three (3) capsules twice (2) daily with meals and plenty of water. On training days, take one (1) daily serving thirty (30) minutes prior to training and take the second serving thirty (30) minutes post-training with carbohydrates.