



THORNE®

Creatine

**Lean
Body Mass†**

**Muscle
Endurance†**

**Cognitive
Performance†**

DIETARY SUPPLEMENT / 30 STICK PACKS
30 - 0.18 OZ (5.15 G) / TOTAL NET WT 5.45 OZ (154.5 G)

Pure creatine for enhanced muscle mass‡

Maximize your workout with Thorne's Creatine. A natural amino acid found in the muscles and brain, creatine has been extensively studied as a supplement to benefit athletic performance and cognitive function.‡

One serving of Thorne's Creatine provides 5 g of 100% pure creatine monohydrate in a micronized form for superior water solubility. Creatine monohydrate helps maintain hydration within the cells, which supports protein metabolism during and after exercise.‡

When mixed on its own or stacked with your favorite pre-workout, Thorne's Creatine promotes physical endurance during high-intensity exercise, amplifies strength output, and helps build lean body mass.‡



Brain/Nerves†



Sports Performance†

‡This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SUPPLEMENT FACTS

Serving Size: One Stick Pack (5.15 g)

Servings Per Container: 30

One Stick Pack (5.15 g) Contains:	%DV
Creatine Monohydrate	5 g *

*Daily Value (DV) not established.

Other Ingredients: Silicon Dioxide.

manufactured for: THORNE RESEARCH, INC.,
1-800-228-1966

Suggested Use: Mix 1 stick pack with at least 8 ounces of water, juice, or preferred beverage daily or as recommended by your health-care or performance professional. Can be used 30-90 minutes before or after exercise.

Tamper Evident: Use only if bag is sealed. Store sealed in a cool, dry place.

If pregnant, consult your health-care practitioner before using this product.



Gluten Free

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