



PURE CREATINE MONOHYDRATE POWDER

• No added fillers • No flow agents • No driers • No other ingredients

Ingredients: Creatine Monohydrate Powder.

Suggested Use: A Common dosage is 20-30 grams per day mixed with juice, water or a shake. Mix 5-10 grams of creatine 4-5 times a day for a maximum of 20-30 grams per day. As with all of our powders, a micro scale is strongly recommended for proper dosage.

Storage: Store in a cool & dry place. Keep away from strong light & heat.

Disclaimer: These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

WARNING: A scale is required for accurate measurements. Keep away from children. Do not take this or any other supplement if you are pregnant or nursing. Do not take if you have high blood pressure or any medical complications. Always consult with your physician before taking any new dietary supplements.

Expiration date on back of pouch.

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DIETARY SUPPLEMENT

USP-FCC

NET WT. 500G (1.1 LB)

Supplement Facts

Serving Size: 5 grams

Servings per container: About 100

Amount
Per serving % Daily
Value**

Creatine Monohydrate

5 g *

* No Daily Value Established

** Based on a 2,000 calorie diet

Ingredients: Creatine Monohydrate Powder

Suggested Use: A common dosage is 20-25 grams per day mixed with juice, water, or in shakes. Mix 5000 mg of creatine 4-5 times a day.

Allergens: This product contains NO Soy, Milk & Byproducts, Eggs, Fish, Shellfish, Wheat, Gluten, Tree Nuts, or Sesame Seeds.

This is a NON-GMO ingredient produced with organic material.

Storage: Store in a cool & dry place. Keep away from direct sunlight and heat.

Disclaimer: These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any diseases.

WARNING: A micro scale is required for accurate measurements. Keep away from children. Do not take this or any other supplement if you are pregnant or nursing, have high blood pressure or taking other prescription drugs. Always consult with a physician before taking any new dietary supplement.

Lot Number:
Expiration Date:

