

Get Bigger! Get Stronger!

Building muscle is hard work. Anything you can do to make it easier is worth its weight in gold. **Max Creatine Monohydrate** is just what you need to take your training to new levels of intensity and help you push to reach your muscle building goals. **Max Creatine Monohydrate** contains only the highest quality, tested and verified, pure micro-crystalline creatine monohydrate.[†]



70-05-054

08314

Creatine is produced naturally in the body and is used in muscle to replenish ATP (energy) stores. By supplementing with **Max Creatine Monohydrate** you can super saturate your muscles with creatine which in turn increases the water content of your muscles. By increasing the water content you also increase the ability of the muscle to perform protein synthesis. After exercise an increase in protein synthesis can often lead to better recovery and faster muscle gain. Your muscles will look fuller, harder, and be ready for your heavy workout sessions. Don't be ordinary! Take your physique to the extreme with **Max Creatine Monohydrate!**[†]

[†]*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.*

PERFORMANCE



MAX CREATINE

Micro-Crystalline Monohydrate

- Promotes Explosive Energy Production for High-Intensity Exercise[†]
- Increases Muscle Lean Mass, Strength and Performance[†]
- Effective Buffer and Promotes Rapid Recovery[†]
- Monohydrate is the Best and Most Effective Form of Creatine

DIETARY SUPPLEMENT • NET WT. 500 G (1.10 LBS)

Directions: Loading Phase: Take one rounded scoop (5g) four times per day for five days. Maintenance Phase: Take one to two rounded scoops daily for 12 to 16 weeks. After 12 to 16 weeks stop for three to four weeks. Repeat Loading and Maintenance phase as desired. Dissolve in your favorite hot or cold beverage. Drink at least 2-4 liters of fluid per day while using this product. Avoid consuming caffeine at the same time as it may decrease effectiveness.

Supplement Facts

Serving Size: One (1) Scoop, Five (5) Grams

Servings Per Container: 100

	Amount Per Serving	% DV*
Creatine Monohydrate	5 g	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

NOTE: If moisture is allowed inside the container, it may cause the product to clump, harden or smell slightly different. Use the enclosed scoop or make sure your spoon is completely dry before dispensing. Clumping or hardening does not change the effectiveness of this product.

Manufactured in a cGMP facility that processes milk, egg, fish, Crustacean shellfish, tree nuts, wheat and soybeans.



KEEP OUT OF THE REACH OF CHILDREN. STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE, SUNLIGHT AND EXCESS HEAT. ALWAYS KEEP TIGHTLY SEALED.

To report a serious adverse event, contact:
Max Muscle Sports Nutrition
210 W. Telf. Ave., Orange, CA 92665
www.maxmuscle.com

