

Take the Pure Advantage™

Pure Advantage's™ **Creatine Monohydrate** is the most popular and effective supplement on the market.*

Creatine Monohydrate is used to supply energy to our muscles. It is produced in the liver, pancreas and kidneys and is transported to the body's muscles through the blood stream. Once it reaches the muscles, it is converted into phosphocreatine (creatine phosphate). This high-powered metabolite is used to regenerate the muscles' ultimate energy source, ATP (adenosine triphosphate).*

**So get the Advantage with Pure Advantage™
100% GUARANTEED**

*These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure or prevent any disease.

Exclusively Manufactured for:
Pure Advantage
1610 W. Whispering Wind Dr.
Phoenix, AZ 85085
1-800-798-0707
www.pure-advantage.net



Creatine Monohydrate

100% Pure

***Increase Lean Muscle Mass* • Enhances Performance*
Increase Recovery Time* • Super-Hydrates Muscle Cells****

**A Dietary Supplement
1.1 LBS (500 grams)**

Supplement Facts

Serving Size: 1 Teaspoon (5 grams)
Servings Per Container: 100

Amount Per Serving		% DV
Creatine Monohydrate (U.S. Pharmaceutical Grade)	5g	†

†Daily Values are not established

Recommended Use by Bodyweight:

100 lbs. - 150 lbs.

Mix 1 teaspoon (5g) with your beverage of choice 30 minutes prior and immediately after exercise.

151 lbs. - 250 lbs.

Mix 1 1/2 teaspoons (7.5g) with your beverage of choice 30 minutes before and immediately after exercise.

251 lbs. - UP

Mix 2 teaspoons (10g) with your beverage of choice 30 minutes before and immediately after exercise.

As with any dietary supplement, please consult a physician before consuming this product.

**KEEP OUT OF REACH OF CHILDREN
STORE IN A COOL, DRY PLACE**