SUGGESTED USAGE: As a dietary supplement, mix 1 heaping teaspoon in fruit juice or other sweetened liquid 3 to 4 times daily, before and after exercise, for the first 7 days. Thereafter, for maintenance use, consume 1 to 3 times daily. Allow 3 to 4 hours between doses. For continuous use beyond 28 days, use one serving daily. Consume plenty of fluids with this product.

Creatine is a compound that occurs naturally in the body, primarily in skeletal muscle. Creatine's function is to serve as a precursor to Adenosine Triphosphate (ATP), the form of chemical energy used by all cells. Body stores of Creatine create a pool of readily available ATP for energy, which is necessary for fueling quick bursts of power and strength. Studies have demonstrated that Creatine supplementation can help to maintain existing muscle tissue, support the growth and development of lean mass, and promote optimal performance during short bouts of intense exercise.* NOW® Creatine Monohydrate has no additives or preservatives.

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition (especially kidney condition). Keep out of reach of children.

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NOW SPORTS

Creatine Monohydrate

Pure Powder

ATP Energizer*

Net Wt. 21.2 oz. (600 g)

A Dietary Supplement Vegetarian/Vegan

QUALITY GMP ASSURED

Supplement Facts

Serving Size 1 Heaping Teaspoon (5 g)
Servings Per Container about 120

	Amount Per Serving	% Daily Value
Calories	15	
Creatine Monohydrate	5 g (5,000 mg)	†

† Daily Value not established.

Other ingredients: None.

Distributed by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
www.nowsportsproducts.com

Product of China. Packaged in the USA.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.

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