

CREATINE

PROMOTE STRENGTH, POWER & ENDURANCE



CORE SERIES

RAPIDLY ABSORBED CREATINE COMPLEX

- 5 SUPERIOR CREATINE BLENDS
- NO LOADING REQUIRED
- PHARMACEUTICAL QUALITY

DIETARY SUPPLEMENT
NET WEIGHT 400g (14.1oz)

SUPPLEMENT FACTS

Serving Size: 1g (5 scoops)

Servings Per Container: 60

Amount Per Serving	% Daily Value*
Creatine Blend	5000 mg
Creatine, Creatine AAB, D-Creatine/Maleate, Creatine Nitrate, Creatine HCL, Creatine HCL	1

*Percent Daily Values are based on a diet of 3000 calorie diet.

† Daily value not established

ALLERGEN WARNING: This product was produced in a facility that may also process ingredients containing milk, egg, soybeans, wheat/gluten, fish, tree nuts, and peanuts.

STORAGE CONDITIONS: Store in a cool dry place.

****CONCRETE:** is a registered trademark of ProMars Health, LLC and Creatine HQ is patent pending and licensed for use.

MUSCLEPHARM.COM

FUELING ATHLETES SAFELY.

ANIMAL-SUBSTANCE FREE
CERTIFICATIONS

NSF



CLINICAL STUDIES
& RESEARCH PROGRAM

CU

UNIVERSITY OF
COLORADO

DEMAND MORE OF YOUR BODY—AND YOUR CREATINE

MusclePharm® Creatine increases Creatine status by enhancing uptake and bioavailability. Clinically-proven Creatine heightens absorption, so our five pure and diverse Creatine complexes delivering a range of benefits will launch directly into muscles. MP Creatine increases explosive energy, ATP energy and overall power. For added stamina, strength and lean muscle growth, feed your body the total Creatine package.

DIRECTIONS: As a dietary supplement, mix three scoops (1g) in 8 oz juice/water, or your protein drink of choice daily. Drink immediately. To maximize results, drink 8 to 10 glasses (8 oz) of water once daily. A loading phase is not required or recommended with this product.

WARNINGS: A loading phase is not required or recommended with this product. Do not exceed the recommended daily dose. Consult a physician prior to use if you have any medical conditions. Do not use if you are pregnant or lactating. **KEEP OUT OF REACH OF CHILDREN.**

* 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.



EXCLUSIVELY DEVELOPED
& MANUFACTURED FOR:
MUSCLEPHARM
4201 Ironwood St. Denver, CO 80239 USA
MADE IN A GMP AND NSF-CERTIFIED FACILITY
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