

REV 2013



THE FUTURE OF CREATINE™

- Superior Solubility*
- Superior Plasma Uptake*
- No Loading, No Cycling*
- Creatine Micro-Dosing®
Based on Body Weight
- No Cramping, Bloating, Water Retention,
or GI Issues, when used as directed*

CON-CRET® complies with all drug and doping control standards issued by professional and amateur athletic organizations.

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* 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.

CON-CRET®

CREATINE MICRO-DOSING®



FRUIT PUNCH
NATURALLY AND ARTIFICIALLY FLAVORED

Promotes

**Strength, Endurance
And Muscle Recovery***



Serving
Scoop Included



CREATINE SUPPLEMENT

NET WT 1.79 OZ (50.5 g)

Supplement Facts

Serving Size 1 Scoop (1052 mg)
Servings Per Container 48

	Amount Per Serving	% Daily Value
Creatine HCl	750 mg	**
** Daily Value Not Established		

Other Ingredients: Natural & Artificial Flavors, Sucralose, Red #40

RECOMMENDED ADULT USE: As a dietary supplement take 30 to 45 minutes prior to training with approximately 4-6 ounces of water. CON-CRET® can be taken on an empty stomach or with food or mixed with protein. **Normal Training:** 1 serving per 100 pounds of body weight. **Intense Training:** 1-2 servings per 100 pounds of body weight. **Off Days:** Can take 1 serving per 100 pounds of body weight to assist in muscle recovery.

WARNING: Consult a physician or healthcare provider before using this or any other dietary supplement or starting any exercise program. Do not exceed recommended dose. Maintain adequate hydration when using. Exposure to moisture and humidity may cause clumping but will not affect the product. Stirring is suggested prior to use. **KEEP OUT OF REACH OF CHILDREN. IF PREGNANT OR NURSING,** consult a healthcare professional before use.

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Manufactured in the U.S.A. from international and domestic ingredients.