## PCS: Power. Size. and Superior Strength!

Creatine is the spark that ignites lean muscle contraction. Creatine Ethyl Ester is an enhanced version of Creatine with much higher bio avalability which translates into greater value per serving, near instantaneous uptake and more rapid recovery from extreme training regiment.

Primal Creatine Surge will also decrease muscle fatigue during intense training! Nothing comes close to power formula!

## **Workout days:**

Take 2-4 capsules with 16oz of water 15-30 minutes before workout. Take another 2-4 capsules with 16oz of water 15-30 minutes after workout.

#### Non workout days:

Take 2-4 capsules with 16oz of water with first meal. Take another 2-4 capsules with 16oz of water with meal 4-6 hours later.

Warnings: KEEP OUT OF REACH OF CHILDREN. This product is not intended for anyone under the age of 16. Consult your physician before using any dietary supplement Do not take this product if you have any medical condition and/or are taking any prescription medication(s). Discontinue use if experiencing any adverse side effects

## PANTHERA. P.O.Box 4100.Camp Avenue ST.

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#### HIGH IMPACT CREATINE ETHYL ESTER



PRIMAL CREATINE SURGE



# **LEAN MUSCLE MASS & POWER**

INCREASE MASS \*

**EXPLOSIVE\*** & SUPERIOR SIZE STRENGTH GAINS ZERO BLOATING

NO LOADING \*

240 CAPSULES

### Directions:

Take 4 capsules of PCS 30 minutes prior to training. Consume another 4 capsules of Primal Creatine Surge as soon as you conclude your training. Consume 8 ounces of water with each serving.

#### Supplement Facts Serving Size 4 Capsules

Servings Per Container 45 Amount Per Serving % DV\*

Primal Creatine Surge Matrix	3200mg	
Creatine Ethyl Ester	†	
L-Alanine	Ť	
L-Taurine	Ť	
L-Arginine	t	
Tri Creatine Maleat	Ť	•
Alpha Lipoic Acid	t	
Banaba Extract	Ť	*
Fenugreek	+	-

Percent Daily Values (DV) are based on a 2,000 calorie diet t Daily Value (DV) not established

Other Ingredients: Magnesium Stearate.

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



Beta Alanine

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