

Creatine is an amino acid found primarily in muscle tissue. It is phosphorylated to store energy used for muscular contraction. AST Sports Science Micronized Creatine Monohydrate has been shown in scientific studies to support increases in muscle fiber size, lean muscle mass and strength. This scientifically proven form of creatine delivers you an advanced "micro-particle" technology designed to go into solution rapidly and remain suspended in solution longer. This advanced formula delivers a stable, fast acting, rapidly absorbing, ultra-effective creatine without the stomach upset or gritty creatine residue.†

AST Sports Science Micronized Creatine is the only creatine supplement scientifically proven to directly impact muscle fiber size. It's time to put the power of science and the power of AST to work for you.†

Creatine Monohydrate has been shown in studies to be over 900% more efficient than other forms of creatine such as creatine-ethyl-ester. †



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

AST Sports Science
120 Capital Drive, Golden, CO 80401

1-800-627-2788 • www.ast-ss.com • REV# CM5-5614

SPORTS SCIENCE AST-SS.COM

AST

5.05g
Per
Serving

105
Total
Servings

University
Studied
Clinically
Proven

AST SPORTS SCIENCE

**U.S. PATENT
5767159**

MICRONIZED

**CREATINE
MONOHYDRATE**

LEAN MASS • POWER • STRENGTH

Dietary Supplement Net wt: 530.25 grams (18.71 oz)

SPORTS SCIENCE AST-SS.COM

AST

Supplement Facts

Serving Size: **1 Teaspoon (5.05 grams)** Servings Per Container: **105**

Amount per Serving:	%DV
Creatine Monohydrate (Not less than 99.5%)	5.05 grams *

*Daily Value not established. Percent Daily Value (%DV) are based on a 2000 calorie diet.

Not a significant source of fat, saturated fat, Trans fat, cholesterol, dietary fiber, vitamins A & C, calcium and iron.

Pure HPLC tested and laboratory certified Micronized Creatine Monohydrate.

Recommended Use: Mix 1 teaspoon (5.05 grams) in 8 to 10 oz. of juice or water. Drink immediately. For best results, use immediately after exercise. To maximize results, drink 8 to 10 8-oz. glasses of water daily.

Creatine Loading Phase: Day 1 through Day 5: Take 1 heaping teaspoon 4 to 6 times daily.

Creatine Maintenance Phase: Day 6 forward: Take 1 heaping teaspoon twice daily.

Contents packaged by weight - not volume. Some settling may occur.

www.ast-ss.com