

*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.

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Supplement Facts

Serving Size 1 Teaspoon (5 g)
Servings Per Container about 60

Amount Per Serving

Creatine Monohydrate	5 g	†
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† Daily Value (DV) not established.

OTHER INGREDIENTS | Silica.

DIRECTIONS | Add 1 teaspoon to 8 fl. oz of cold water or your favorite beverage. Stir and Serve. For best results, take before and after workouts for maximum recovery. Use as part of a low-fat diet and exercise program.

WARNING | Do not use if pregnant or nursing. Consult a health care professional before use if you are taking any medication or have any medical condition. Not recommended for use by individuals under the age of 18 without parental permission.

KEEP OUT OF REACH OF CHILDREN



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THE SCIENCE BEHIND THE SIZE

Creatine monohydrate is the most tested and scientifically respected form of creatine available. Our high quality Creatine Fuel mixes easily and is unflavored for maximum versatility.

Research shows that users of high quality creatine monohydrate exhibited:

- > Increased peak power*
- > Amplified muscular performance*
- > Improved lean body mass*

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MANUFACTURED BY TWINLAB CORPORATION
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BEST IF USED BY DATE SHOWN ON BOTTLE.
STORE IN A COOL, DRY PLACE.

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5G
PER SERVING

CREATINE
FUEL®
POWDER

[CREATINE MONOHYDRATE]

UNFLAVORED

> STRENGTH* <

DIETARY SUPPLEMENT

NET WT. 10.6 oz. (300 g)