

WARNING: This product is only intended to be consumed by healthy individuals 18 years of age or older. This product is not recommended for pregnant or nursing women. Before using this product, consult with your physician, especially if you are using any prescription or over the counter medication or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience any adverse reaction to this product. Discontinue use 2 weeks prior to surgery. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of the reach of children. Store in a cool, dry place.

†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.

Manufactured in a cGMP Facility. Made in the USA.
Distributed by: Core Nutritionals, LLC, Arlington, Virginia
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CORE
NUTRITIONALS

CREATINE MONOHYDRATE

BUILD • DEVELOP • EVOLVE

DIETARY SUPPLEMENT
NET WEIGHT 14.1 OUNCES (400 GRAMS)

Supplement Facts

Serving Size: 1 scoop (5000 mg)

Servings Per Container: 80

	Amount Per Serving	% Daily Value
Creatine Monohydrate	5000 mg	†

† Daily value not established.

DIRECTIONS: Mix 1 scoop (5000 mg) with 8-12 ounces of water, juice, or protein shake and consumer before or immediately after a workout. Take 1 scoop in the morning on your non-training days. Be sure to drink at least 8 glasses of water daily when supplementing with creatine monohydrate.



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