

**Creatine** is synthesized from the amino acids glycine, arginine and methionine within the body. Taking supplemental doses of creatine monohydrate can increase muscle creatine and phosphocreatine (PC) concentrations.\*\* These increases can lead to improvements in muscle, energy, production and recuperation. Muscle PC is used as a high-energy substrate (fuel) required for immediate bursts of energy during high intensity and anaerobic exercise. Bodybuilders and athletes often notice remarkable increases in muscle cell size and strength, reduced fatigue and faster recovery.\*\* Best results are achieved when creatine is taken with glucose or dextrose containing fluids or foods. Results may be diminished if taken with foods and beverages containing caffeine.

- Enhances Lean Muscle Mass and Strength\*\*
- Increases Phosphocreatine Levels in Muscles\*\*
- Decreases Recovery Time and Soreness Following Exercise\*\*

\*\* This statement has not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

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Lot #: (See Bottom)  
Best if used by: (See Bottom)



# Creatine MONOHYDRATE 325

HPLC TESTED FOR PURITY  
100% MICRONIZED

- SUPPORTS FAST RECOVERY AFTER EXERCISE\*\*



STRENGTH\*\*

- ENHANCES ATHLETIC PERFORMANCE\*\*
- PROMOTES LEAN MUSCLE MASS\*\*



RECOVERY\*\*

DIETARY SUPPLEMENT

NET WEIGHT: 0.715LBS (325g)

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**Suggested Usage:** Take 1 scoop (5 grams) daily or as directed by your qualified healthcare provider. Spreading a daily dose taken at different intervals throughout the day can optimize absorption. Otherwise it is recommended to take immediately following exercise with high glycemic carbohydrates.

## Supplement Facts

Serving Size - 1 scoop (5 grams)  
Servings Per Container - 65

| Amount Per Serving   | % Daily Value* |
|----------------------|----------------|
| Creatine Monohydrate | 5,000mg †      |

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

**Other Ingredients:** None.

Contains **NO** peanut, tree nut, fish, shellfish, wheat, gluten or yeast.

*This product is manufactured in a facility that produces other products and may contain trace amounts of milk, egg or soy.*



Formulated by & Manufactured for:  
MRM  
2665 Vista Pacific Dr. • Oceanside, CA 92056 USA  
www.mrm-usa.com • 1-800-343-6236

