



STRENGTH * ENDURANCE * MUSCLE RECOVERY *

THE ORIGINAL HIGHLY PURE CREATINE HCl THE FUTURE OF CREATINE™

REV 2015



- Superior Solubility*
- Superior Plasma Uptake*
- No Loading, No Cycling*
- Creatine Micro Dosing™
Based on Body Weight
- No Cramping, Bloating, Water
Retention, or GI Issues, when used
as directed*

CON-CRET® complies with all drug and doping control standards issued by professional and amateur athletic organizations.

CA NPN# 80039120



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* 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.

CON-CRET®

CREATINE HCl

MICRO DOSING™



CREATINE SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule (750 mg)
Servings Per Container 48

	Amount Per Serving	% Daily Value
Creatine Hydrochloride (HCl)	750 mg	**

** Daily Value Not Established

Other Ingredients: Vegetable Cellulose, Calcium Palmitate
Halal, Kosher and Vegetarian Society approved.

SUGGESTED USE: Adults, as a dietary supplement take 30 to 45 minutes prior to training with approximately 4-6 ounces of water. CON-CRET® can be taken on an empty stomach or with food or mixed with protein. **Normal Training:** 1 serving (1 capsule) per 100 pounds of body weight. **Intense Training:** 1-2 servings (1-2 capsules) per 100 pounds of body weight. **Post & Off Days:** Can take 1 serving (1 capsule) per 100 pounds of body weight to assist in muscle recovery.

WARNING: This product is not intended for individuals under the age of 18. Consult a physician or healthcare provider before using this or any other dietary supplement or starting any exercise program. Do not exceed recommended dose. Maintain adequate hydration when using. CON-CRET® is extremely hygroscopic, exposure to moisture and humidity may cause clumping but will not affect the product. Keep in a cool dry place. Stirring is suggested prior to use. **KEEP OUT OF REACH OF CHILDREN. IF PREGNANT OR NURSING,** consult a healthcare professional before use.

CON-CRET® and CON-CRET® REINFORCED™ are registered trademarks of ProMera Health, LLC.

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