



STRENGTH\* ENDURANCE\* MUSCLE RECOVERY\*

THE ORIGINAL HIGHLY PURE CREATINE HCl

THE FUTURE OF CREATINE™

- 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

promerasports.com

©2015 All Rights Reserved.  
Promera Sports™ is a Division  
of Promera Health LLC



SCAN HERE:



CON-CRET®

CREATINE HCl

MICRO DOSING™

LEMON LIME  
NATURALLY FLAVORED

DYE  
FREE

CREATINE SUPPLEMENT  
NET WT 1.76 OZ (50 g)

48  
SERVINGS

Supplement Facts

Serving Size 1 Scoop (1034 mg)  
Servings Per Container 48

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

\*\* Daily Value Not Established

Other Ingredients: Natural Flavors, Sucralose, Tricalcium Phosphate  
GLUTEN FREE and 0 CALORIES

**SUGGESTED USE:** Adult, 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 scoop) per 100 pounds of body weight. **Intense Training:** 1-2 servings (1-2 scoops) per 100 pounds of body weight. **POST & Off Days:** Can take 1 serving (1 scoop) 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.

Manufactured for Promera Health LLC • 61 Accord Park Drive • Norwell, MA 02061  
Manufactured in the U.S.A. from international and domestic ingredients.

REV 2015



\* 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.