



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

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SCAN HERE:



CON-CRET®

CREATINE HCl

MICRO DOSING™

UNFLAVORED

CREATINE SUPPLEMENT
NET WT 1.27 OZ (36 g)



Supplement Facts

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

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

** Daily Value Not Established

GLUTEN FREE and 0 CALORIES

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 scoop) per 100 pounds of body weight. **Intense Training:** 1-2 (1-2 scoops) servings 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.