

**USAGE:** Take 1 to 6 capsules with water or fruit juice (Glucose, as found in certain fruit juices, enhances uptake and utilization of creatine monohydrate) – a minimum of 2.5 ounces of fluid for each capsule consumed; for higher intakes, consult your qualified healthcare professional.

**NOTE:** If you have a medical condition (especially kidney or liver disorders), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Creatine** is synthesized in the liver and stored in the major muscles, including cardiac and skeletal tissues. Once inside the muscle cells, creatine is phosphorylated to form **creatine phosphate** (CP), which, as a high energy substrate for the universal energy molecule adenosine triphosphate (ATP), assists in the contraction of the myofibrils (muscle fibers).<sup>\*</sup> Creatine Phosphate is utilized to maintain higher levels of ATP during exercise.<sup>\*</sup> Creatine Phosphate maximizes physical performance and reduces exercise fatigue by absorbing hydrogen ions released by muscles in the form of lactic acid.<sup>\*</sup> Intense anaerobic exercise, such as weight lifting and sprinting, depletes ATP and greatly increases the demand for creatine.<sup>\*</sup>

**Keep out of the reach of children.**

<sup>\*</sup> 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.

**Jarrow**  
FORMULAS

# Creatine Monohydrate CAPS

Purity Assured by HPLC

**800**  
MILLIGRAMS

**120**  
CAPSULES

**Creapure®**



**DIETARY  
SUPPLEMENT**

## Supplement Facts

Serving Size 1 Capsule

Servings Per Container 120

|                                | Amount Per Serving | % DV |
|--------------------------------|--------------------|------|
| Creapure® Creatine Monohydrate | 800 mg             | *    |

\* Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source) and cellulose. Capsule consists of gelatin.

**Creapure® Creatine Monohydrate** is made in a GMP facility in Germany. **Quality Assurance:** Purity of product assured by High Pressure Liquid Chromatography (HPLC).

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Creapure® is a registered trademark of AlzChem AG, Germany. Reg. # 2,715,915

12314CC120 PROD # 115045



Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)

Lot #. Best Used Before:

© 2014 **Jarrow FORMULAS®**