

CREATINE MICRONIZED has been shown to be an effective ergogenic and anaerobic aid supporting intense muscular performance.* Supplementation of creatine can significantly increase the muscle power output and accelerate the recovery of the high energy phosphocreatine molecule helping increase strength and contractile endurance during anaerobic training.* Utilize this high energy nutrient as an aid to your supplemental nutrition program.*

- Increase ATP resynthesis*
- Increase cellular volume and size*
- Enhance anaerobic power output*

Allpure™ is a safe and effective creatine. No other brand combines the three pillars of quality: careful selection of raw materials, patented high-performance technology, and precise chemical analysis.

**HIGH
POTENCY**

**60
SERVINGS**

**5g
CREATINE
MONOHYDRATE**

GLUTEN FREE

UNFLAVORED

**PHARMACEUTICAL
GRADE***

**FORMULATED
BANNED
SUBSTANCE
FREE**

**inner
Armour®**
SPORTS NUTRITION

CREATINE MICRONIZED

PHARMACEUTICAL GRADE*

- Enhance Strength*
- Increase Power*
- Build Muscle*



300
GRAMS POWDER

PHARMACEUTICAL GRADE*

Supplement Facts

Serving Size: 1 rounded teaspoon (5 grams)

Servings Per Container: 60

Amount Per Serving	%DV
Creatine Monohydrate	5g *
(AllPure™ Micronized Creatine Monohydrate)	

*Daily Value (DV) not established.

Suggested Use: As a dietary supplement, mix 1 serving (5g) in water or juice beverage. Cycle creatine use as follows:

- **LOADING:** For 3 days take 4 servings (5g) spaced out during the day for a total of 20g per day.
- **MAINTENANCE:** Following the load phase take 1 serving (5g) daily for 8 weeks.
- **OFF CYCLE:** After 8 weeks on cycle, take 4 weeks off with no creatine supplementation, then begin a new on cycle with the load cycle followed by maintenance cycle.

We recommend consuming eight 12 oz. glasses of water daily while using any creatine product.

ALLERGEN INFORMATION: Produced in a facility that also processes tree nuts, eggs, soy, and wheat. Do not use this product if you are lactose intolerant or have a milk protein allergy.

CONSULT YOUR HEALTHCARE PROFESSIONAL PRIOR TO USE IF YOU HAVE OR SUSPECT A MEDICAL CONDITION, ARE TAKING PRESCRIPTION DRUGS, OR ARE PREGNANT OR LACTATING.

Protect from heat, light and moisture.

Do not purchase if seal is broken.

Keep out of reach of children.

Store at 15-30°C (59-86°F).

Manufactured for and Distributed by Inner Armour® Sports Nutrition
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Berlin, CT 06037
(860) 656-7720

Manufactured in a GMP certified facility.

*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.

BLUE CREATINE MONO 300 MJ 6/15 V2.6

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DIETARY SUPPLEMENT

www.innerarmour.com