

DIRECTIONS FOR USE: Mix 1 scoop (7.4 g) with your pre-workout, protein, post-workout drink, water, or favorite beverage once daily. Contents may settle after shipping. Shake container prior to use.

Percentage of Pure Creatine per Gram	
Creatine Anhydrous*	99-100%
Creatine Monohydrate	88%
Creatine HCl	78%
Magnesium Creatine Chelate	45%

Warning: This product is only intended to be consumed by healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Discontinue use 2 weeks prior to surgery. Discontinue use and immediately consult your health care professional if you experience any adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing. KEEP OUT OF REACH OF CHILDREN.

* Non-Instantized. BioCRE™ instantized creatine anhydrous (Unflavored) contains ≥ 96% creatine per gram.



30 Day Supply

Modern**CREATINE**™

(Powered by BioCRE™ plus Betaine Anhydrous)

Highly Concentrated **Ultra Instantized Creatine**

Dietary Supplement

Net Wt. 7.8 Oz (222 g)

FRUIT PUNCH
Naturally & Artificially Flavored

Supplement Facts

Serving Size: 1 Scoop (7.4 g)

Servings Per Container: 30

Amount per serving	%DV
Creatine (as Creatine Anhydrous)(BioCRE™) 3 g	*
Betaine (as Betaine Anhydrous) 2.5 g	*

*Daily value not established

Other Ingredients: Citric Acid, Silicon Dioxide, Natural & Artificial Flavors, Sucralose, Beet Powder (Color)

Distributed by USPlabs, LLC (Dallas, Texas 75220).

Questions, comments or concerns can be directed to: www.usplabsdirect.com or by phone at: 1-800-890-3067 (9-5 EST M-F)

Produced in a facility that may also process dairy, eggs, fish, shellfish, tree nuts, peanuts, wheat or soy.

