



100% PURE CREATINE MONOHYDRATE

HELPS BUILD MUSCLE,
STRENGTH, MASS

300 CAPSULES • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 100

	Amount Per Serving	% Daily Value
Creatine Monohydrate	2250 mg	*

* Daily Value not established.

Other ingredients: Gelatin, microcrystalline cellulose, silicon dioxide, magnesium stearate.

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, Preservatives, Artificial Colors or Flavors.

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.

DIRECTIONS: Loading Phase: Take seven (7) capsules four (4) times daily with 8-12 oz water.

Maintenance Phase: Days 6 and beyond: Take three (3) to five (5) capsules daily with 8-12 oz of water.

WARNING: Not to be taken by pregnant or nursing women or children. People at risk for renal disorders, particularly diabetics, should consult their physician prior to use.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.bodytech.com
or call 1-800-223-1216
for more information and to reorder.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Item No.
VS-1343
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