

SUGGESTED USE: Take 2 capsules with morning, afternoon, and evening meals. Intended for use in healthy adults and as part of a healthy, balanced diet and exercise program. **TIPS:** Consuming carbohydrates helps with muscle retention of creatine.

TRUE STRENGTH
WWW.OPTIMUMNUTRITION.COM



2.5G
CREATINE
MONOHYDRATE

CREATINE

2500 CAPS

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V.1.135.0714US
6/30/176

MADE WITH **Creapure**

300
CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 150

Amount Per Serving

Creatine Monohydrate	2.5 g*
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* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Magnesium Stearate.

MANUFACTURED BY
OPTIMUM NUTRITION  975 Meridian Lake Dr.
Aurora, IL 60504

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18 OR WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING.

STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.

Creapure is a registered trademark of AlzChem AG Trostberg GmbH.

MANUFACTURED IN THE USA 
This product contains ingredients
of international and domestic origin

1-800-705-5226 **TRUESTRENGTH.COM**

PATENTED CREATINE FORMULA