

RECOVER* BUILD MUSCLE* GROW*

MUSCLE RECOVERY & GROWTH

Creatine is 100% natural. Our bodies naturally produce this compound in the liver, kidneys and pancreas. In fact, Creatine has a high concentration in many foods such as red meat and fish.

Creatine supplies energy to the muscles. It is transported through our bloodstream. Once it reaches the muscles, it is converted into Creatine Phosphate which regenerates the muscles' ultimate energy source - ATP (Adenosine Triphosphate).

***SUGGESTED USE:** LOADING PHASE: Take 4 teaspoons daily mixed with juice or water for one week. MAINTENANCE: Take 2 teaspoons daily mixed with juice or water.



*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.

SIZE SERIES



CREATINE MONOHYDRATE

DRAMATIC MUSCLE GAIN*

STRENGTH GAINS IN JUST ONE WEEK*

MAXIMUM POWER & PERFORMANCE*

SUPPLEMENT FACTS

Serving Size - 1 Teaspoon (5 grams)
Servings Per Container - 30

Amount Per Serving	% Daily Value
Creatine Monohydrate 5g	†

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value Not Established.

INGREDIENTS: Creatine Monohydrate

WARNING: Consult a physician before using this product. Keep out of reach of children. Store in a cool, dry place 15°-30°C (59°-86°F). Do not use if tamper-evident seal is broken.

Manufactured for:
Human Evolution Supplements.
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MADE IN USA



WWW.HUMANEVOUSA.COM

DIETARY SUPPLEMENT Net Wt. 150 g (5.3 oz)

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