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Read the entire label and follow the directions carefully prior to use. **DIRECTIONS:** Take two (2) capsules twice daily with water or juice, or as recommended by a healthcare practitioner.

**CAUTION:** Those with impaired kidney function should avoid creatine supplements.

Store tightly closed in a cool, dry place.

## WARNINGS:

- KEEP OUT OF REACH OF CHILDREN
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
  When using nutritional supplements, please consult

when using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

\*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.



## **LifeExtension**°

## **Creatine Capsules**



Provides Energy and Healthy Muscle Support\*

Dietary Supplement 120 Vegetarian Capsules

## Supplement Facts

Serving Size 2 Vegetarian Capsules Servings Per Container 60

Amount Per Serving % Daily Value
Vitamin C (as ascorbyl palmitate) 12 mg 20%

Creatine (from 1000 mg 879 mg Creapure® creatine monohydrate)

\*\*Daily Value not established.

Other ingredients: vegetable cellulose (capsule), stearic acid, rice bran, silica.

Non-GMO

Manufactured for:

Quality Supplements and Vitamins, Inc. Ft. Lauderdale, FL 33309

LifeExtension.com
To report a serious adverse event or obtain product

information, contact 1-866-280-2852.

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