

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Mix one (1) level scoop once or twice daily with water, milk or juice (4 to 8 oz.), or as recommended by a healthcare practitioner. Drink immediately.

CAUTION: If you have significant kidney or liver disease, please consult your healthcare practitioner before using this product.

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 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.

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Typical Amino Acid Profile
(Approximate g per serving):

Alanine	0.80g
Arginine	0.28g
Aspartic Acid	1.56g
Cysteine	0.32g
Glutamic Acid	2.13g
Glycine	0.26g
Histidine	0.17g
Isoleucine	0.93g
Leucine	1.39g
Lysine	1.21g
Methionine	0.28g
Phenylalanine	0.40g
Proline	0.87g
Serine	0.65g
Threonine	1.05g
Tryptophan	0.12g
Tyrosine	0.34g
Valine	0.83g

LifeExtension®

Creatine Whey Glutamine Powder

Natural Vanilla Flavor



From Cows Not Treated with Growth Hormone (rBST)

Dietary
Supplement

Net Wt. 454 g
(1 lb. or 16 oz.)

Supplement Facts

Serving Size 1 Scoop (approx. 21 g) • Servings Per Container About 22

Amount Per Serving	% Daily Value
Calories 60	
Calories from Fat 0	
Total Fat 0 g	0%†
Saturated Fat 0 g	0%†
Trans Fat 0 g	
Cholesterol <5 mg	2%†
Sodium 30 mg	1%†
Potassium 60 mg	2%†
Total Carbohydrate <0.5 g	0%†
Dietary Fiber 0 g	0%†
Sugars 0 g	
Protein 14 g	
Calcium 66 mg	7%†
Phosphorus 34 mg	3%†
Magnesium 12 mg	3%†
Creapure® Creatine monohydrate 2 g	**
L-Glutamine 3 g	**

**Daily Value not established. †Based on a 2,000 calorie diet.

Ingredients: Provon® 292 rBST Free whey protein isolate, natural vanilla flavor, soy lecithin, gum acacia, stevia extract, maltodextrin.

Contains milk and soybeans.

Manufactured for:
Quality Supplements and Vitamins, Inc.

Ft. Lauderdale, FL 33309

info@lifeextension.com • www.lef.org

To report a serious adverse event or obtain product information, contact
1-866-280-2852.