

# CREALEAN™

**CreaLean™ 100% Creatine Monohydrate** contains only pure creatine monohydrate. Research shows that daily oral administration of creatine monohydrate increases muscle stores of creatine, resulting in lean body mass gains.\*

Creatine supplementation may also increase muscle torque production, support healthy levels of plasma ammonia, and aid muscle fiber in maintaining a higher phosphocreatine level, resulting in the ability to sustain higher workout intensity levels for longer periods of time.\*

\* 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.



# LABRADA

# CREA LEAN STRENGTH™

**100% PURE  
CREATINE  
MONOHYDRATE**

NET WT 1.1lb (500g)  
DIETARY SUPPLEMENT

**100 SERVINGS**

**INCREASE LEAN  
MUSCLE MASS\***

**LONGER WORKOUTS\***



## Supplement Facts

Serving Size: 1 scoop (5g)  
Servings Per Container: 100

	Amount Per Serving	% DV**
Creatine Monohydrate	5g	†

\*\*Percent Daily Values are based on a 2,000 calorie diet.

† Daily Values not established.

**Directions:** Take one scoop (5g) daily, mixed with water or juice.

**ON TRAINING DAYS:** Take immediately after workout.

**ON NON-TRAINING DAYS:** Take anytime during the day. Do not exceed recommended dose. Drink plenty of water every day when supplementing creatine. Store in a cool dry place. Protect from heat, light, and moisture. Always consult your doctor before using any dietary supplement. Do not use if you are pregnant, nursing, or have liver or kidney problems.

**KEEP OUT OF REACH OF CHILDREN.**

Developed by and  
Manufactured for:

**LABRADA**  
NUTRITION

333 Northpark Central Drive  
Houston, TX 77073, U.S.A.

1.800.832.9948

[www.labrada.com](http://www.labrada.com)

©2015 LBN, Inc.

MADE IN U.S.A.



7 10779 44456 0