

Supplement Facts

Serving Size 2 Capsules Servings Per Container 25

Amount Per Serving		%DV
Creatine Monohydrate	1.5g	**
Creatine Performance Blend	100mg	
Sodium Phosphate		**
Potassium Bicarbonate		**

**Daily value (DV) not established.

OTHER INGREDIENTS: Gelatin, magnesium stearate.

INGREDIENT NOTES: Creapure® Brand Creatine is an exclusive product of AbChem Trostberg GmbH Germany. Tested and proven free of impurities. U.S. Patent # 5,719,319.

DOSAGE: As a dietary supplement during normal training schedules, take 2-3 capsules twice daily. When preparing for competition or under intense training schedules, take 2-3 capsules three times daily. For best results take capsules with meals.

Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



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CREATINE CAPSULES™

Creatine Supplement

50 Capsules

Contains Creapure® Creatine Monohydrate | High Energy Creatine Formula 11814-G-32807

WHAT IT IS Universal's Creatine Capsules™ plus phosphate provides the purest, most readily absorbed creatine formula available. Creatine serves as a high-energy bond in muscle and nerve tissues for the maintenance of ATP levels during muscular contraction. Studies report that the increase of creatine levels will help delay the onset of fatigue, increase energy metabolism in the cells, and enhance the body's overall training capability. * **WARNINGS** Keep out of reach of children. Before beginning any program, consult your health care practitioner.