

Supplement Facts

Serving Size 1 Teaspoon (5g)
Servings Per Container 300

Amount Per Serving	%DV
Creatine Monohydrate	5g **

**Daily Values (DV) are not established.

OTHER INGREDIENTS: Creatine monohydrate.

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

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DOSEAGE: Mix 1 teaspoon in 14-16 ounces of your beverage of choice.

WARNINGS: Keep out of reach of children. Before beginning any program, consult your health care practitioner.

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™

Creatine Supplement

Net Wt 1 kg (1000g)

Contains Creapure® Creatine Monohydrate | Readily Absorbed Creatine Formula | Boosts Strength & Performance

WHO WE ARE Universal Nutrition has been providing cutting edge and staple nutritional supplements to bodybuilders and hard training athletes the world over since 1977. As time passes, certain ideals never go out of style. Honesty. Integrity. Respect. These are the values we uphold and are the bedrock upon which we built our business. **WHAT IT IS** There's bad creatine and good creatine. Then there's great creatine. What's the difference? Manufacturing quality and form. Universal's Creatine Powder™ provides the purest, most readily absorbed creatine formula available. Our creatine monohydrate powder is a German creatine that's so pure, it's patented. It's the finest in the world. Creatine serves as a high-energy bond in muscle and nerve tissues for maintenance of ATP levels during muscular contraction. Creatine donates a phosphate back to ADP, reforming ATP, and thus restoring your ATP pool. 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. Plus the power provided by creatine is unmatched in its ability to help your muscles work harder and longer—including buffering lactic acid build up during training. Each serving of Universal's Creatine Powder™ provides 5000mg of pure creatine suspended in its purest state for maximum absorption and bio-availability.* **HOW WE BACK IT UP** What is on the label is in the bottle and what is in the bottle will help you reach your goals. We believe it and proudly stand behind every product we manufacture. Our word is our bond.

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MADE PROUDLY IN THE U.S.A.
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