

## Supplement Facts

Serving Size 2 Capsules Servings Per Container 50

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

**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:** 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.

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

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

EAC

Plant #3001104590



MADE PROUDLY IN THE U.S.A.  
Formulated, Tested & Manufactured By:

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Nutrition**  
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# CREATINE CAPSULES™

Creatine Supplement

100 Capsules

Contains Creapure® Creatine Monohydrate | High Energy Creatine Formula | Added Phosphates

**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** Universal's Creatine Capsules™ plus phosphate provide 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. **\* 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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