

BONUS SIZE 20% MORE

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# 100% PURE CREATINE MONOHYDRATE

HELPS BUILD MUSCLE,  
STRENGTH, MASS

360 CAPSULES  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 3 Capsules  
Servings Per Container 120

	Amount Per Serving	% Daily Value
Creatine Monohydrate	2250 mg	*

\* Daily Value not established.

**Other ingredients:** Gelatin, microcrystalline cellulose, silicon dioxide, magnesium stearate.

**Does not contain:** Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, Preservatives, Artificial Colors or Flavors.

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.

**DIRECTIONS:** Loading Phase: Take seven (7) capsules four (4) times daily with 8-12 oz water.

Maintenance Phase: Days 6 and beyond: Take three (3) to five (5) capsules daily with 8-12 oz of water.

**WARNING:** Not to be taken by pregnant or nursing women or children. People at risk for renal disorders, particularly diabetics, should consult their physician prior to use.

**Distributed by:** Vitamin Shoppe, Inc.  
Secaucus, NJ 07094

Visit [www.bodytech.com](http://www.bodytech.com)  
or call 1-800-223-1216

for more information and to reorder.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is broken or missing.

Item No.  
VS-3543  
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