

BONUS SIZE 20% MORE

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# 100% PURE CREATINE MONOHYDRATE

HELPS BUILD MUSCLE,  
STRENGTH, MASS

**UNFLAVORED**

Net Wt. 2.4 lbs. (1088 g) • DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Rounded Teaspoon (5 g)  
Servings Per Container About 217

	Amount Per Serving	% Daily Value
Creatine Monohydrate	5 g	*

\* Daily Value not established.

**Other ingredients:** None.

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

**Creatine monohydrate may help to improve muscle performance during high intensity exercise and training such as weight lifting, running and other intense activity.**

As with any dietary product, to receive the desired benefits, this product should be used in conjunction with a well-balanced diet and exercise program. If you have a medical condition, consult your healthcare professional before beginning such a program.

**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:** As a dietary supplement, mix one (1) rounded teaspoon (5 g) with 8-12 oz. of water or juice and consume immediately.

**Loading Phase:** Days 1-5: Mix one (1) rounded teaspoon (5 g) in 8-12 oz. of water or juice and take four (4) times daily.

**Maintenance Phase:** Day 6 and beyond: Mix one (1) rounded teaspoon (5 g) in 8-12 oz. of water or juice and take daily.

**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-3546  
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