23 Brookline Avenue #236 oston, MA 02215

NCTRITION N



Work harder, train longer and build lean muscle mass faster with DEMOLITION by Enraged Nutrition™ - 100% pure, micronized creatine monohydrate powder with no fillers and no added ingredients.

Creatine is one of the best-researched supplements in sports nutrition, proven to improve the body's ability to produce energy quickly. Get powered up for a high-intensity workout and a heavier workload for the results you want, when you want them. When you're ready to get ripped, get DEMOLITION.\*

- 100% pure creatine powder
- Laboratory tested for quality and purity
- Micronized for quick absorption

## DIRECTIONS

As a dietary supplement, take 1 rounded teaspoon with 8oz of non-acidic juice or water. As a sports supplement, for the first 4-5 days during the loading phase, take 1 rounded teaspoon with morning, afternoon and evening meals, plus 1 additional rounded teaspoon before bed. For the maintenance phase, take 1 rounded teaspoon per day with a meal or post-workout.



PURE MICRONIZED CREATINE MONOHYDRATE

**DIETARY SUPPLEMENT | 400 GRAMS | 80 SERVINGS** 

## **Supplement Facts**

Serving Size: : 1 Rounded Teaspoon (5g)

Servings Per Container: 80

Amount Per Serving %DV

Creatine Monohydrate 5,000mg \*\*

\*\* Daily Value not established

Ingredients: Micronized Creatine Monohydrate.

Allergen Information: This product was manufactured on equipment that processes products that may contain milk, soy, peanuts and wheat ingredients.

Warning: If you are pregnant, nursing, have any health condition or are taking any medications, consult your health care practitioner before using this product. KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.

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