



Directions: Mix one scoop (5 grams) of Micronized Creatine with 8 to 12 oz. of water, fruit juice or your favorite beverage.

WARNING: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. DO NOT USE IF PREGNANT OR NURSING. Consult a Physician before using this or any product if you have a family history of but not limited to high blood pressure, cardiac arrhythmias, heart, liver, kidney, thyroid or psychiatric disease, pheochromocytoma, diabetes, asthma, recurrent headaches, anemia, anxiety, depression or other psychiatric condition, peptic ulcers, Parkinson's disease, glaucoma, difficulty in urinating, prostate enlargement, or seizure disorder, or if you are using a monoamine oxidase inhibitor (MAOI) or any other dietary supplement, prescription drug, or over-the-counter drug containing ephedrine, pseudoephedrine, or phenylpropanolamine (ingredients found in certain allergy, asthma, cough or cold, and weight control products). Do not exceed the recommended serving. Exceeding the recommended serving may result in serious adverse health effects including heart attack and stroke. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience rapid heartbeat, dizziness, severe headache, shortness of breath, or other similar symptoms.

KEEP OUT OF REACH OF CHILDREN.

The statements made hereon have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



MICRONIZED CREATINE

DIETARY SUPPLEMENT

Net Weight 0.22lb (100g)

Supplement Facts

Serving Size: 5,000mg
Servings Per Container: 20

	Amount Per Serving	% DV
Micronized Creatine	5,000mg	†

† Percent Daily Values not established



www.aisportsnutrition.com

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