

Made of pure ingredients, as with all Biochem products. Helps to maintain muscle strength along with high intensity resistance training and to reduce age-related loss of lean muscle mass along with resistance training in older adults.\*\* Take it alone or with one of our best-selling Biochem Whey proteins.

**\*\* 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.**

This product has been manufactured at a GMP Registered facility.

**YES** CERTIFIED GLUTEN-FREE BY GFCO.ORG

**YES** CERTIFIED VEGAN BY THE AVA

**YES** RECYCLABLE PACKAGING

**YES** MANUFACTURING SUPPORTS WIND POWER

**YES** KOSHER-PARVE

**NO** YEAST, CORN OR WHEAT

**NO** SOY, MILK OR SALT

**NO** SUGAR OR PRESERVATIVES

**NO** ARTIFICIAL COLORS, FLAVORS  
OR SWEETENERS

**NO** MAGNESIUM STEARATE

**NO** GMOs

Lot No:

Best by:



**BIOCHEM**

# ULTIMATE CREATINE MONOHYDRATE<sup>®</sup> MICRONIZED

**Certified Gluten-Free**

**Helps to maintain  
muscle strength\*\***

Dietary Supplement

Net wt. 325 g (11.4 oz.)

**Directions For Use:** Adults, take one (1) teaspoon (5 g) serving one-half (1/2) hour before workout once daily. Use for a minimum of four (4) weeks. As a reminder, discuss the supplements and medications that you take with your health care providers.

## Supplement Facts

Serving Size One (1) teaspoon (5 g)

Servings Per Container About 65

Amount Per Serving	% Daily Value
Creatine Monohydrate	5 g *

\* Daily Value not established.

**CAUTION:** Not intended for use by pregnant or nursing women. Consult your doctor before use if you have or have had kidney disease. Not for use by those under the age of 18. If you are taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

**Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children. Tested by HPLC and proven free of impurities.**

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Manufactured by Country Life (Biochem)

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Biochem-Fitness.com

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