Suggested Use: As a dietary supplement, take one serving (1 scoop) with 8-16 ounces of water or suitable beverage and drink within 15-30 minutes before exercise. Taken up to twice daily, once as a pre-workout and/or again as a post-workout. For best results, follow a diet and exercise program to maximize your potential. Drinking an additional 16 to 32 ounces of water when using creatine is recommended.

Creatine Monohydrate is a naturally occurring form of creatine and is the most cost effective for supplementation.

Our brand of Creatine Monohydrate is micronized (200 Mesh) for improved absorption and mixing with liquids.1







Serving Size: 1 scoop (5g) Senrings Per Container: About 200

% Daily Value

Creatine Monohydrate

* Daily Value Not Established

Ingredients: Creatine Monohydrate Micronized Powder

Other Ingredients: None

Allergens: This product contains NO Soy, Dairy & Dairy Byproducts, Eggs. Fish, Shellfish, Wheat, Gluten, Tree Nuts, or Sesame Seeds.

† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any diseases.

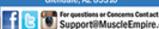
WARNING: Keep out of the reach of children. Do not take this or any other supplement if under the age of 18, pregnant or nursing a baby, or if you have any known or suspected medical conditions and/or taking prescription drug(s) or OTC medication(s). Always consult with a qualified health physician before taking any new dietary supplement.



SERVING SCOOP INCLUDED (MIXY SETTLE DURING SHIPPING

Lot Number

Expiration Date



Supplement Partners, LLC.

3820 W Happy Valley Rd Ste 141 - #420



