SUGGESTED USE

As a dietary supplement take One (1) Scoop with 8-16oz of water (depending on preference) thirty-forty five minutes prior to any Athletic Training Activity.

FOR XTREME RESULTS: Take an additional scoop immediately after training.

NOTE: Athletes using any type of Creatine Product should consume at least 100-128oz of water daily

This product is not intended to diagnose, treat, cure, or prevent any disease.

WARNING: Do not exceed recommended dose listed. This product is not intended for use by any persons under age 18, who are pregnant or lactating, or have serious medical conditions. Do not take this product with any product containing caffeine or other ingredients that have a known stimulant effect. All persons should consult a physician before using dietary supplements, as individuals may have different supplemental needs. Consumption of this product that is inconsistent with recommended usage may produce adverse side effects. Discontinue use and contact physician immediately if you experience

rapid heartheat, dizziness, blurred vision or other similar symptoms

KEEP OUT OF REACH OF CHILDREN.





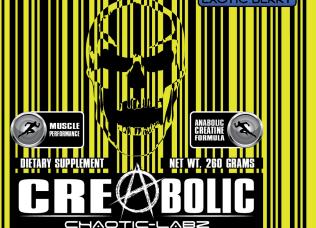






NO LOADING PHASE REQUIRED # NO STIMULANTS IN FORMULA # NO BIO-AVAILABILITY ISSUES #

NO (G.I.) STOMACH PROBLEMS # NO FAT OR BLOAT REACTIONS : NO BANNED OR ILLEGAL SUBSTANCES #













INCREASES OVER-ALL MUSCLE GROWTH

DO WORK OR DIE 😂