

Fruit Punch Flavor *Creatine Surge*® • High Absorption Creatine Complex

USAGE: Mix 1 scoop (46 g) with 20 ounces of cold water. This formula mixes easily without a blender; however, use a blender and add crushed ice and/or fruit for a refreshing shake. May be taken before and after exercise.

NOTE: If you have a medical condition (especially kidney or liver disorders or are being treated for either hypoglycemia or hyperglycemia/diabetes), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your health care practitioner before using this product.

Clinically-Tested Combination for Reduced Calorie Enhancement of Creatine Absorption!*

Creatine Surge® provides the *patent pending clinically tested* combination of creatine monohydrate and Russian tarragon shown to increase creatine blood clearance comparable to carbohydrate+creatine using 75 g of glucose as well as protein+creatine using 50 g protein and 47 g CHO combined with creatine!*‡

- **Creatine monohydrate** is a naturally occurring compound found in the human body that has been extensively researched for its benefits during short-burst intense physical exertion. Creatine helps cells to convert adenosine diphosphate (ADP) to adenosine triphosphate (ATP), the “universal” energy molecule in the body, to provide a reserve of energy that may increase short-term endurance and strength.*
- **Russian tarragon** supports normal blood sugar regulation and enhances cellular insulin signaling in human skeletal muscle.*
- **Glycostat® wild bitter melon** (wild genotype) is a university tested proprietary extract that supports normal blood sugar regulation and the actions of Russian tarragon.*
- **Branched-chain amino acids** (L-leucine, L-valine, L-isoleucine) aid insulin response and contribute to muscle protein metabolism.*

‡The effect of Russian Tarragon extract (*Artemisia dracuncululus* L.) on plasma creatine concentrations with creatine monohydrate administration. *Journal of the International Society of Sports Nutrition* 2008, 5(Suppl 1):P4 and Poster Presentation ISSN Conference June 2008.

Keep out of the reach of children.

* 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.

Lot #. Best Used Before:

Jarrow FORMULAS®

Muscular Energy Source* Fruit Punch Flavor

CREATINE SURGE®



- Creatine Monohydrate
- Russian Tarragon Extract - Insulin Mimetic
- Glycostat® Wild Bitter Melon Extract - Insulin Mimetic

Branched-Chain Amino Acids



Clinically-Tested Patent Pending Combination for Reduced Calorie Enhancement of Creatine Absorption!*



Net Wt. 32.52 oz (2.03 lbs) 922 g Powder
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Scoop (46 g)		
Servings Per Container 20		
	Amount Per Serving	% DV*
Calories	120	
Total Fat	0 g	0%
Total Carbohydrate	30 g	10%
Sugars	30 g	
Sodium	380 mg	15%
Potassium	50 mg	2%
Protein	0 g	0%
Creatine Monohydrate	6,000 mg	†
Russian Tarragon Extract (<i>Artemisia dracuncululus</i> L., 4.2:1) (aerial)	1,000 mg	†
Glycostat® Wild Bitter Melon Extract (<i>Momordica charantia</i> , wild genotype) (fruit)	1,000 mg	†
L-Leucine	1,000 mg	†
L-Valine	500 mg	†
L-Isoleucine	500 mg	†
* Percent Daily Values based on a 2,000 calorie diet.		
† Daily Value not established.		

NOTE: Use this product as a dietary supplement.
DO NOT use for weight reduction.
Suitable for vegetarians/vegans.

Other Ingredients: Dextrose, citric acid, natural flavor, ISO salts blend (sodium chloride, sodium citrate, potassium phosphate), malic acid, beet juice (color), and Rebiana (stevia extract, natural sweetener).

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts. No preservatives, artificial sweeteners or flavors.

Packaged by weight, not by volume.

Creatine quality assured by HPLC.

Protected by one or more patents pending under license from MB North America.

Glycostat® is a registered trademark belonging to Glykon Technologies Group, LLC.

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