

(PLEASE READ THE ENTIRE LABEL BEFORE USE)

Recommended Use: As a dietary supplement, mix 1 scoop with 6-10 ounces of water or juice. To maximize results, drink 8-10 glasses of water daily.

Loading Phase: Day 1 through 5: Take 1 scoop 4 times daily.

Maintenance phase: Day 6 forward: Take 1 scoop daily.

Warning: This product is only intended to be consumed by healthy individuals 18 years of age or older. Consult your physician prior to use if you are pregnant or nursing. Consult your physician prior to use if you are taking any medications or have any medical condition. Do not exceed recommended use. Improper use will not improve results. Discontinue use and seek professional assistance immediately if you experience unwanted side effects. Discontinue use 2 weeks prior to surgery. Do not use if safety seal is broken or missing. Keep out of reach of Children. Store in a cool, dry place. Contents are sold by weight not volume. Some settling may occur.



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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.

nutricost[™]

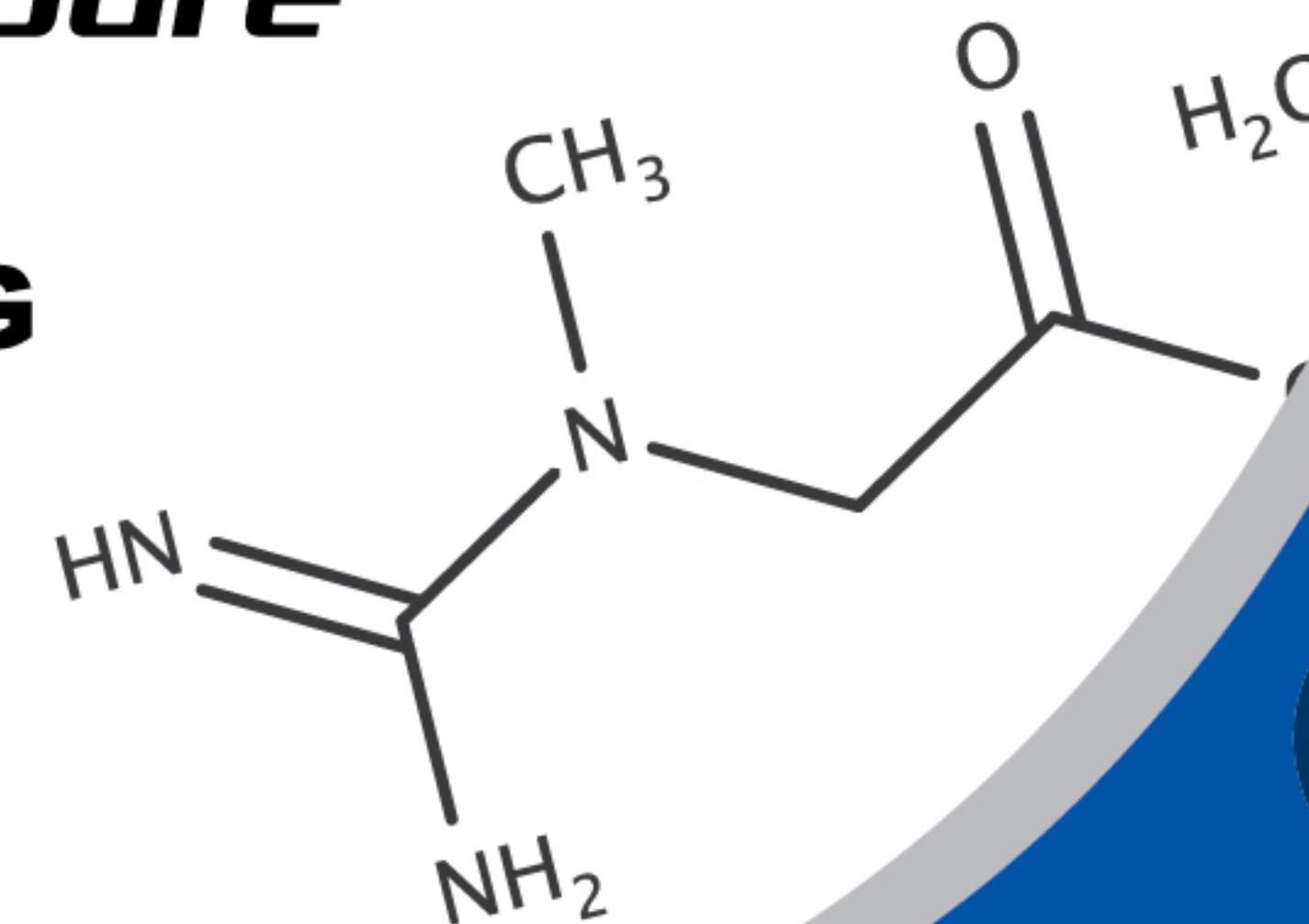
CREATINE MONOHYDRATE

Made with  Creapure[®]

5g | **100** | **500g**
per scoop | servings | per container

■ UNFLAVORED

Net Wt. 500g (1.10 lbs) | Dietary Supplement



Supplement Facts

Serving Size: 1 Scoop (5g)
Servings Per Container: 100

Amount Per Serving	% DV
Creapure [®] (Micronized Creatine Monohydrate)	5g *

* Daily Value not established

Other Ingredients: None

Creapure[®] is a registered trademark of AlzChem AG