

Since when did fitness and nutrition become so difficult? We at IRON-TEK® have gone back to the basics and crafted a system of workout supplements to help - whether you're getting fit to look good, or getting fit to get fit. Hard work. Quality nutrition.

It's that simple.

**IRON
TEK®**
★

IRON-TEK® Creatine monohydrate is simply made for pre-workout. Our creatine monohydrate is as clean as the label states. This simple formula is made of only the purest ingredients. Make this a part of your routine to get more out of your valuable workout time. Creatine helps with muscle strength so the reps won't seem so repetitious.†

- Exceptional purity
- Supports muscle strength especially with resistance training†
- Micronized for easy mixability

Take alone or enjoy with one of IRON-TEK® Essential Proteins.

This product has been manufactured at a GMP registered facility. Tested by HPLC and proven free of impurities.

† 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.

**IRON
TEK®**
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CREATINE *monohydrate*

A FINE MICRONIZED SPORTS POWDER

DIRECTIONS FOR USE: Adults, take one (1) teaspoon (5 g) serving with 3/4 - 1 cup (6-8 fl. oz.)(178-236 mL) of cold water or your favorite beverage 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 100

Amount Per Serving	% Daily Value
Creatine Monohydrate	5 g *

* Daily Value not established.

JUST THE FACTS:

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, SALT OR SUGAR
NO PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS, OR SWEETENERS
NO MAGNESIUM STEARATE
NO GMOs

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

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.



Lot No:

Best by:
08K17NN



5
grams per
serving

Non-GMO
Supports
muscle
strength†

FITS INTO YOUR REGIMEN:

- ☒ **Pre-Workout**
- ☐ **Post-Workout**
- ☐ **Everyday**



DIETARY SUPPLEMENT
NET WT. 17.6 OZ.
(1.1 LBS) (500g)

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Manufactured by Country Life, LLC (Iron-Tek)
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 13200

Contents packaged by weight not volume. Some settling may occur. See container for "Lot No." and "Best by" date.

Get #IronTekFit.

iron-tek.com