



Supplement Facts

Serving Size: 2 Scoops (5 grams)

	Amount Per Serving
Creatine Monohydrate (HPLC pharmaceutical grade micronized)	5000 mg*

*No daily value has been established for this supplement.

Other Ingredients: None. Contains absolutely no fillers, excipients or added substances.

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Recommended Use: Daily dose: As a dietary supplement, mix 1 serving (5 grams) with water or your favorite beverage. For best results consume 1 serving 30-45 minutes prior to exercise and 1 serving immediately after exercise. A third serving can be taken later in the day.

Non Training Days: Take 1 serving with first meal of the day, take second serving with a meal at least 6 hours later. **Loading Phase:** Mix 1 serving with water or your favorite beverage four to five times daily for first five days of use. Separate doses at least 2 hours apart. Loading is not necessary but the time to muscle saturation will be 2-3 weeks faster.

For best results: The product contains creatine so consume adequate water when using. As a general guideline consume at least an extra 16 ounces of water daily for each serving.

Warning: NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18. KEEP OUT OF THE REACH OF CHILDREN. Women who are pregnant, breast feeding or lactating, diabetics, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements. Read all label warning before taking creatine or any nutritional supplement.