



This formula is:
Non-GMO
Vegetarian
Vegan
Halal-certifiable

This formula is not:
Organic
Made in the US -
USE NO US SEALS!

SUGGESTED USE: 1 scoop taken 1 to 2 times daily or as directed by a healthcare professional. For best results, take 30 to 45 minutes before and / or after training with 8-12 ounces of juice or high carbohydrate beverage. It is advisable to take this product in cycles: 4 to 6 weeks on, then 4 to 6 weeks off. Do not exceed 10 grams per day.

CAUTION: Do not exceed the recommended dose. This product is not intended for pregnant or nursing mothers or children under the age of 18. Maintain sufficient fluid intake while taking this product. If you have a known medical condition and have questions about the advisability of taking this product, consult your physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish and may contain traces of all of the above.

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.

Creatine Monohydrate Powder

Non-GMO Formula

**Dietary Supplement
Grams**

Net Wt. 3.5 oz (100 grams)
Net Wt. 10.6 oz (300 grams)
Net Wt. 17.6 oz (1 lb 1.6 oz) 500 grams
Net Wt. 35.3 oz (2 lb 3.3 oz) 1 kilogram
Net Wt. 4 lb 6.5 oz (2 kilograms)

Supplement Facts

Serving Size 5 Grams (1 scoop)
Servings Per Container:

Amount Per Serving	%Daily Value
Creatine Monohydrate Powder	5 grams *

*Daily Value not established.

**KEEP OUT OF THE REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS DAMAGED
OR MISSING. STORE IN A COOL, DRY
PLACE.**