

**Contains No** sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

**Suggested Use:** As a dietary supplement, adults take one (1) scoop in eight (8) oz. of water or juice, four (4) times daily during the first five (5) days (loading phase). After loading phase take one (1) or two (2) times daily or, as directed by a health care professional. Store in a cool, dry place and away from direct light.

**KEEP OUT OF REACH OF CHILDREN.**

100% PURE  
**Creatine**  
**Monohydrate Powder**

*Dietary Supplement*

Net Wt. 8.8 oz. (250g)

**SUPPLEMENT FACTS**

Serving Size 1 Scoop (5 g)  
Servings per Container 50

	Amount Per Serving	% Daily Value
Creatine Monohydrate	5,000 mg	*

\*Daily Value not established

Our Creatine Monohydrate Powder contains 100% pure Creatine Monohydrate. Each batch is tested by High Performance Liquid Chromatography (HPLC) or Capillary Electrophoresis (CE) to guarantee quality and purity.