

PROMERA SPORTS THE HOME OF  
**CON-CRĒT**

**STRENGTH\* ENDURANCE\* MUSCLE RECOVERY\***

THE ORIGINAL HIGHLY PURE CREATINE HCl  
**THE FUTURE OF CREATINE™**

- Superior Solubility\*
- Superior Plasma Uptake\*
- No Loading, No Cycling\*
- Creatine Micro Dosing™  
Based on Body Weight
- No Cramping, Bloating, Water Retention,  
or GI Issues, when used as directed\*



REV 2016



CON-CRĒT® complies with all drug and doping control standards issued by professional and amateur athletic organizations.  
CA NPN# 80070027

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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.

# CON-CRĒT®

**CREATINE HCl**

## MICRO DOSING™

**UNFLAVORED**

CREATINE SUPPLEMENT  
NET WT 1.69 OZ (48 g)

**BONUS**  
**33% MORE**  
**64 SERVINGS**

### Supplement Facts

Serving Size 1 Scoop (750 mg)  
Servings Per Container 64

	Amount Per Serving	% Daily Value
Creatine Hydrochloride (HCl)	750 mg	**

\*\* Daily Value Not Established

GLUTEN FREE and 0 CALORIES

**SUGGESTED USE:** Adult, as a dietary supplement take 30 to 45 minutes prior to training with approximately 4-6 ounces of water. CON-CRĒT® can be taken on an empty stomach or with food or mixed with protein. **Normal Training:** 1 serving (1 scoop) per 100 pounds of body weight. **Intense Training:** 1-2 servings (1-2 scoops) per 100 pounds of body weight. **POST & Off Days:** Can take 1 serving (1 scoop) per 100 pounds of body weight to assist in muscle recovery.

**WARNING:** This product is not intended for individuals under the age of 18. Consult a physician or healthcare provider before using this or any other dietary supplement or starting any exercise program. Do not exceed recommended dose. Maintain adequate hydration when using. CON-CRĒT™ is extremely hygroscopic, exposure to moisture and humidity may cause clumping but will not affect the product. Keep in a cool dry place. Stirring is suggested prior to use. **KEEP OUT OF REACH OF CHILDREN. IF PREGNANT OR NURSING, consult a healthcare professional before use.**

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Manufactured in the U.S.A. from international and domestic ingredients.