PROMERA SPORTS THE HOME OF CON-CRÉT®

STRENGTH* ENDURANCE* MUSCLE RECOVERY*

THE ORIGINAL HIGHLY PURE CREATINE HCl

## THE FUTURE OF CREATINE™

REV 2016

- **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*

CON-CRÉT® complies with all drug and doping control standards issued by professional and amateur athletic organizations.

CA NPN# 80039120

promerasports.com

* 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-CRÉT®

## CREATINE HCl

## MICRO DOSING™

NATURAL CAPSULES

CREATINE SUPPLEMENT

**BONUS**

50% MORE

72 SERVINGS

## Supplement Facts

Serving Size 1 Capsule (750 mg)
Servings Per Container 72

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

** Daily Value Not Established

Other Ingredients: Vegetable Cellulose, Calcium Palmitate
Halal, Kosher and Vegetarian Society approved.

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

CON-CRÉT® and CON-CRÉT® REINFORCED™ are registered trademarks of ProMera Health, LLC.

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