

PROMERA SPORTS THE HOME OF
CON-CRET®

STRENGTH * ENDURANCE * MUSCLE RECOVERY *

THE ORIGINAL HIGHLY PURE CREATINE HCl

REV 2016
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*



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

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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-CRET®

CREATINE HCl

MICRO DOSING™

PINEAPPLE
ARTIFICIALLY FLAVORED

CREATINE SUPPLEMENT
NET WT 2.43 OZ (69 g)

BONUS
33% MORE **64**
SERVINGS

Supplement Facts

Serving Size 1 Scoop (1044 mg)
Servings Per Container 64

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

** Daily Value Not Established

Other Ingredients: Artificial Flavors, Sucralose, Yellow #5.
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-CRET® 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-CRET® 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.