

**USAGE:** Take 1 to 6 capsules with water or fruit juice (Glucose, as found in certain fruit juices, enhances uptake and utilization of creatine monohydrate) – a minimum of 2.5 ounces of fluid for each capsule consumed; for higher intakes, consult your qualified healthcare professional.

**NOTE:** If you have a medical condition (especially kidney or liver disorders), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Creatine** is synthesized in the liver and stored in the major muscles, including cardiac and skeletal tissues. Once inside the muscle cells, creatine is phosphorylated to form **creatine phosphate** (CP), which, as a high energy substrate for the universal energy molecule adenosine triphosphate (ATP), assists in the contraction of the myofibrils (muscle fibers).<sup>\*</sup> Creatine Phosphate is utilized to maintain higher levels of ATP during exercise.<sup>\*</sup> Creatine Phosphate maximizes physical performance and reduces exercise fatigue by absorbing hydrogen ions released by muscles in the form of lactic acid.<sup>\*</sup> Intense anaerobic exercise, such as weight lifting and sprinting, depletes ATP and greatly increases the demand for creatine.<sup>\*</sup>

Keep out of the reach of children.  
Store in a cool, dry place.

\* 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.

Creapure® is a registered trademark of AlzChem Trostberg GmbH, Germany. Reg. # 2,715,915.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS

# Creatine Monohydrate CAPS

Enhances Muscular Performance\*  
Purity Assured by HPLC

**800**  
MILLIGRAMS

**120**  
CAPSULES

DIETARY  
SUPPLEMENT



## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 120

	Amount Per Serving	% DV
Creapure® Creatine Monohydrate	800 mg	†

† Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source) and cellulose. Capsule consists of bovine gelatin.

**Creapure® Creatine Monohydrate** is made in a GMP facility in Germany. **Quality Assurance:** Purity of product assured by High Pressure Liquid Chromatography (HPLC).

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

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**Jarrow FORMULAS®**  
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