

## CREATINE

**CREATINE** FUELS INTENSE WEIGHT TRAINING AND ENDURANCE ACTIVITIES TO PUSH HARDER, GO FASTER, AND RECOVER QUICKER. . CREATINE IS USED BY YOUR MUSCLES CELLS TO PRODUCE ENERGY. DURING STRENUOUS EXERCISE, YOUR BODY USES THIS ENERGY SOURCE TO HELP YOU POWER THROUGH YOUR WORKOUTS.\* SUPPLEMENTING WITH CREATINE WILL ALSO HELP REPLENISH MUSCLE CREATINE TO IMPROVE STRENGTH.\*PHYSIQUE NUTRITIONS CREATINE IS MANUFACTURED WITH UNSURPASSED QUALITY CONTROL TO ENSURE PURITY, POTENCY AND FRESHNESS. THIS FLAVORLESS POWDER BLENDS EASILY WITH ANY BEVERAGE OR SPORTS DRINK.

**300mg**  
CREATINE

\*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.

PN's manufacturer's production facility is NSF cGMP Certified

MANUFACTURED IN USA



www.physiquenutrition.net



# CREATINE

**NEW**

Increase Muscle Strength and Energy\*  
Promote Strength, Power & Endurance  
5000mg per Serving to Fuel Muscle Cells  
Rapidly Absorbed Creatine Complex

UNFLAVORED

60 SERVINGS

DIETARY SUPPLEMENT  
NET WT 300G [10.5 oz]

## SUPPLEMENT FACTS

Serving size: 5g (Teaspoon)  
Serving Per Container: About 60

Amount per serving	% Daily Value
<b>Creatine Monohydrate</b>	<b>5g †</b>

† Daily value not established

**DIRECTIONS FOR USE:** TAKE 1 TO 2 SERVINGS OF 4DN™ CREATINE PER DAY. MIX ONE SERVING 5G (1 TEASPOON) IN COLD WATER, JUICE OR A BEVERAGE OF YOUR CHOICE. POST-WORKOUT OR UPON WAKING ARE THE BEST TIMES TO CONSUME 4DN™ CREATINE FOR MAXIMUM ABSORPTION. IT IS IMPORTANT TO STAY WELL HYDRATED WHILE TAKING ANY CREATINE PRODUCT.

**SUGGESTED USE:** CREATINE LOADING: TAKE 1 ROUNDED TEASPOON OF MICRONIZED CREATINE POWDER WITH MORNING, AFTERNOON, AND EVENING MEALS AND 1 ADDITIONAL ROUNDED TEASPOON BEFORE GOING TO BED FOR 4-5 DAYS TO HELP SATURATE YOUR MUSCLES WITH CREATINE.

KEEP OUT OF REACH OF CHILDREN. CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT IF YOU ARE UNDER 18 YEARS OF AGE, PREGNANT OR NURSING A BABY OR IF YOU HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITION(S) AND/OR ARE TAKING ANY PRESCRIPTION OR OTC MEDICATION(S).

Manufactured For:  
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