

**USAGE:** Stir 1 scoop (6 grams) of Creatine Monohydrate into 20 ounces of water or fruit juice (Glucose, as found in certain fruit juices, enhances uptake and utilization of creatine monohydrate); 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.

<sup>\*</sup> 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.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS<sup>®</sup>

# Creatine Monohydrate

Enhances Muscular Performance<sup>\*</sup>

Suitable for Vegans • Purity Assured by HPLC

NET WEIGHT

**35.3 OZ (1 kg)**  
POWDER

DIETARY  
SUPPLEMENT



## Supplement Facts

Serving Size 1 Scoop (6 g)

Servings Per Container 166

	Amount Per Serving	% DV
Creapure <sup>®</sup> Creatine Monohydrate	6 g	*

\* Daily Value not established.

One scoop of Creatine Monohydrate yields the equivalent of creatine found in over 2.2 pounds (1 kg) of uncooked red meat. Creatine Monohydrate is the most economical, stable and best absorbed form of creatine. **Creapure<sup>®</sup> Creatine Monohydrate** is made in a GMP facility in Germany. **Quality Assurance:** Purity of product assured by High Pressure Liquid Chromatography (HPLC).

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

Suitable for vegetarians/vegans.

Packaged by weight, not by volume.

Creapure<sup>®</sup> is a registered trademark of AlzChem AG, Germany. Reg. # 2,715,915



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