CREATINE MONOHYDRATE

Provides 5 g of 100% pure Creatine Monohydrate – a widely studied supplement ingredient – to help support ATP recycling for explosive movements. Creatine Monohydrate supports muscle building, recovery, performance, strength and power when used daily, over time and combined with exercise.*

OPTIMUM NUTRITION* has been trusted to provide the highest quality in post-workout recovery, pre-workout energy and on-the-go sports nutrition for over 35 years and in 90+ countries. After careful supplier selection, ingredients are tested to assure purity, potency, and composition. We hold ourselves to the highest production standards and also you can unlock your body's full potential.

To find out more about this product and rate it, scan our QR code.

OPTIMUM NUTRITION

MICRONIZED CREATINE POWDER

Supplement Facts

Serving Size 5 g (1 Rounded Teaspoon)
Servings Per Container 60

Amount per serving	
Creatine Monohydrate	5 g*

*Daily Value not established.

OTHER INGREDIENTS: None.

MANUFACTURED FOR GLANBIA PERFORMANCE NUTRITION (NA), INC.
3500 Lacey Road, Suite 1200
Downers Grove, IL 60515
1 (800) 705-5226

PACKAGED IN THE USA
WITH DOMESTIC AND IMPORTED INGREDIENTS

DIRECTIONS: Add a rounded teaspoon of Micronized Creatine Powder to a pint or shaker and a glass of water. Flavor the flavored beverage. Then mix it up with a spoon. TIP: Power-up protein, add weight gainer or a scoop of Micronized Creatine Powder!

Suggested use: Increase for new, healthy adults or as part of heavy workout and cycle program.

KEEP OUT OF REACH OF CHILDREN. IF YOU ARE UNDER 18, PREGNANT OR NURSING, TAKING ANY MEDICATIONS OR HAVE A MEDICAL CONDITION, DO NOT USE BEFORE CONSULTING WITH A DOCTOR OR PHYSICIAN. DISCONTINUE USE IF ADVERSE REACTIONS OCCUR. KEEP OUT OF REACH OF CHILDREN.

*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.

Discard Bottle, Empty & Replace Lid
PLASTIC TUB
howtorecycle.info
US ONLY

OPTIMUM NUTRITION IS A PROUD PARTNER WITH HOW2RECYCLE.

AUTHENTIC OPTIMUM NUTRITION PRODUCT

INFORMED CHOICE REGULARLY TESTED FOR BANNED SUBSTANCES

FOR MUSCLE BUILDING SUPPORT*

100%* PURE CREATINE MONOHYDRATE
SUPPORTS QUICK, POWERFUL MOVEMENTS*

5 g CREATINE MONOHYDRATE PER SERVING
SUPPORTS MUSCLE STRENGTH & POWER*

BANNED SUBSTANCE TESTED

UNFLAVORED

DIETARY SUPPLEMENT **NET WT 10.58 OZ (300 G) 60 SERVINGS**

CREATINE SUPPORTS MUSCLE BUILDING WHEN TAKEN OVER TIME WITH EXERCISE.*

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AT TIME OF FILL — AFTER SETTLING

STORE IN COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.