

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, all so you can unlock your body's full potential.

To find out more about the science and ingredients behind our products, visit OPTIMUMNUTRITION.COM.



MICRONIZED CREATINE POWDER

Supplement Facts

Serving Size 6 g (1 Rounded Teaspoon)
Servings Per Container 60

	Amount per serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%**
Creatine Monohydrate	5 g	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

OTHER INGREDIENTS: Natural and Artificial Flavor, Citric Acid, Sucralose.

MANUFACTURED FOR GLANBIA PERFORMANCE NUTRITION (NA), INC.
3500 Lacey Road, Suite 1200
Downers Grove, IL 60515 | 1 (800) 705-5228

PACKAGED IN THE USA
THIS PRODUCT CONTAINS INGREDIENTS OF BOTH NATIONAL AND DOMESTIC ORIGIN

DIRECTIONS: Add 6 grams (1 rounded teaspoon) of Micronized Creatine Powder to a protein shake or a glass of your favorite beverage. Then mix it up with a spoon. **TIP:** Power-Up protein and weight-gainer shakes with a rounded teaspoon of Micronized Creatine Powder.

Suggested Use: Intended for use by healthy adults and as part of a healthy, balanced diet and exercise program.

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18 OR WOMEN WHO ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING.

*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.



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OPTIMUM NUTRITION IS A PROUD PARTNER WITH HOW2RECYCLE.



**AUTHENTIC
OPTIMUM NUTRITION
PRODUCT**
OPTIMUMNUTRITION.COM/AUTHENTIC



**BANNED
SUBSTANCE
TESTED**

**FOR MUSCLE
BUILDING
SUPPORT***

100%
PURE CREATINE
MONOHYDRATE
SUPPORTS YOUR DRIVE
MOVEMENTS*

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



BLUEBERRY LEMONADE ARTIFICIALLY FLAVORED

DIETARY SUPPLEMENT NET WT 12.69 OZ (360 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.**