

CREATINE MONOHYDRATE

Provides 5 g of 100% 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 licensed to provide the highest quality micronized creatine monohydrate powder, your energy, and performance sports nutrition for over 35 years and in 80+ countries. After careful supplier selection, ingredients are tested to assure purity, potency and compliance. We hold ourselves to the highest production standards, all sourced and packed with your body's full potential.

*Creatine monohydrate supplement ingredients tested for product safety at the time of this study.



MICRONIZED CREATINE POWDER

Supplement Facts

Serving Size 5 g (1 Rounded Teaspoon)
Servings Per Container 120

	Amount per serving
Creatine Monohydrate	5 g*

*Daily Value not established.

OTHER INGREDIENTS: None.

MANUFACTURED FOR GLANBIA
PERFORMANCE NUTRITION (NA), INC.

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PACKAGED IN THE USA
THIS PRODUCT CONTAINS NUTRIENTS
OF INTERNATIONAL AND DOMESTIC ORIGIN

DIRECTIONS: Add 5 grams (1 rounded teaspoon) of Micronized Creatine Powder to a protein shake or a glass of your favorite flavored beverage. Then mix it up with a spoon.

TIP: Power-up protein and weight-gainer shakes with a rounded teaspoon of Micronized Creatine Powder.

Supplement use intended for use of healthy adults and as part of a healthy, balanced diet and exercise routine.

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 PREGNANT WOMEN OR BY WOMEN WHO ARE PREGNANT OR TRYING TO GET PREGNANT OR NURSING.



how2recycle.info

US ONLY



OPTIMUM NUTRITION IS A GLOBAL PARTNER WITH HOW2RECYCLE.



AUTHENTIC
OPTIMUM NUTRITION
PRODUCT
OPTIMUMNUTRITION.COM/AUTHENTIC



CHOICE
NEARLY
TESTED FOR
BANNED
SUBSTANCES

FOR MUSCLE
BUILDING
SUPPORT*†

100%
CREATINE
MONOHYDRATE
SUPPORTS EXPLOSIVE
MOVEMENTS*†

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

BANNED
SUBSTANCE
TESTED

UNFLAVORED

DIETARY SUPPLEMENT NET WT 21.16 OZ (1.32 LB) 600 G 120 SERVINGS

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



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

*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.