



Creatine Monohydrate

Micronized Creatine Monohydrate

5000 mg | **250g** | **50**

Creatine Monohydrate Per Serving | Per Container | Servings

GRAPE APPLE

BUCKED UP.

NET WT. 12.3 OZ (350 G)
DIETARY SUPPLEMENT



RECOMMENDED DOSAGE & DIRECTIONS: As a dietary supplement, take as directed by your healthcare professional or as follows:

Loading Phase: Days 1-5: Mix 1 scoop with 6-8 oz of water (or preferred beverage) and take 2 times daily.

Maintenance Phase: Day 6 and on: Mix 1 scoop with 6-8 oz of water (or preferred beverage) and take once daily. To maximize results, drink 8-10 glasses of water daily.

Supplement Facts

Amount Per Serving	%DV
Serving Size 1 Scoop (7 g)	
Servings Per Container 50	
Creatine Monohydrate	5 g
Fulvic Mineral Complex (as Rején™)	50 mg
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† Percent Daily Value (DV) is based on a 2,000 calorie diet.
‡ Daily Value not established.

Other Ingredients: Tartaric Acid, Natural & Artificial Flavors, Malic Acid, Sucrose, Calcium Silicate, Silicon Dioxide, Grape (fruit) Powder (for color).

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MANUFACTURER'S DISCLAIMER:

Consult your physician before taking this product if you are taking any prescriptions, over-the-counter medications or supplements. Do not use this product if you are pregnant or nursing. Do not use this product if you are being treated for, or are at risk of any medical condition. Discontinue use and consult a healthcare professional if you experience any adverse reaction to this product. **Do not use if safety seal is missing or broken.**

✓ GLUTEN-FREE
✓ NON-GMO
✓ THIRD PARTY TESTED

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*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.

