



# Creatine Monohydrate

Micronized Creatine Monohydrate

**5000 mg** | **250g** | **50**  
 Creatine Monohydrate | Per Container | Servings  
 Per Serving

**FRUIT PUNCH**

**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
† Percent Daily Value (DV) is based on a 2,000 calorie diet.	
‡ Daily Value not established.	

Other Ingredients: Citric Acid, Malic Acid, Natural Flavors, Sucralose, Beer Root Powder (for color), Calcium Silicate, Silicon Dioxide.

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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

DISTRIBUTED BY: DAS LABS  
 781 Auto Mall Dr #102  
 American Fork, UT 84003-9666, USA  
 1-855-205-2825 | www.buckedup.com



\*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.



8000198.00 • 24.07.01