

## SUGGESTED USE:

As a dietary supplement, mix one serving (approximately 5 grams) with 8-12 ounces of water. For best results take with carbohydrate rich food.

## WARNING:

For use by healthy adults only, not recommended for persons under the age of 18. Do not take with prescription medicines or without consulting your physician or pharmacist. Do not use if you are pregnant or nursing. Do not use if safety seal is broken or missing. KEEP OUT OF THE 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.

WARNING: This product contains chemicals that may be known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to: [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food).



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10/23 REV 1

# RAW

# CREATINE MONOHYDRATE

## UNFLAVORED

NET WEIGHT 150 GRAMS (5.30 OZ) | DIETARY SUPPLEMENT

## 30

SERVINGS

# FROM THE GROUND UP

## SUPPLEMENT FACTS

Serving size: 1 scoop (5 grams)

Servings per container: 30

	Amount Per Serving	% DV*
Creatine Monohydrate	5g	**

\*\*Daily Value (DV) not established

Other Ingredients: None

### RAW

MANUFACTURED FOR RAW NUTRITION

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**Allergen Information:** Manufactured on shared equipment which also processes Milk, Egg, Wheat, Fish, Shellfish, Tree Nuts, Peanuts, Soy, and Sesame.