

**PREMIUM INGREDIENTS.  
PREMIUM RESULTS.**

**WHAT IS IT?**

Creatine + Hydration is MuscleSport's unique combination of Creatine monohydrate, Taurine, Himalayan Pink Salt, Coconut water, our trademarked Electro Rev™ Electrolyte complex, and Astragin™ formulated for the next level of creatine utilization, cellular hydration, volumization and performance.

Astragin™ has been shown to increase the absorption of Creatine by up to 33%.

**SUGGESTED USE:**

As a dietary supplement, mix 1 serving (5 Grams) in 12-16oz of cold water. Drink one serving during and another immediately following your workout.

HYDRATION

STRENGTH

RECOVERY

Warning: DO NOT USE IF PREGNANT, NURSING, OR UNDER THE AGE OF 18. Consult with a health care practitioner before taking this or any dietary supplement, especially if you have or suspect you may have a medical condition, or are taking ANY medications, over the counter products, or other dietary supplements. Immediately discontinue use and contact your health care professional if you experience any adverse reaction to this product. Follow label instructions and do not exceed recommended serving. Do not use if safety seal is broken or missing. KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place. Discontinue use two weeks prior to surgery.



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To Report an adverse event call 631-755-1388

USV003



Manufactured For: **MuscleSport®**  
101 Dominion Blvd  
Ronkonkoma, NY 11779



**MADE IN THE USA**  
From domestic & foreign ingredients

\*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.

**MUSCLESPORT®**

# CREATINE + Hydration™

Powered By  
**AstraGin**

Powered By  
**ElectroREV™**



**LEMON  
ITALIAN ICE**  
NATURALLY & ARTIFICIALLY FLAVORED

**NET WT. 300G (10.58OZ)**  
DIETARY SUPPLEMENT

FLAVOR & FORMULA BY



**PRE  
WORKOUT**



**INTRA  
WORKOUT**



**POST  
WORKOUT**



## Supplement Facts

Serving Size:	1 Scoop (5 grams)	2 Scoops (10 grams)
Servings per container:	60 Servings	30 Servings
Amount per Serving	%Daily Value†	%Daily Value†
<b>Magnesium</b> (As Magnesium Glycinate)	25mg 6%	50mg 12%
<b>Sodium</b> (Sodium Chloride, Himalayan Pink Salt)	175mg 8%	350mg 15%
<b>Potassium</b> (Potassium Chloride, Coconut water)	50mg 1%	99mg 2%
<b>Creatine Monohydrate</b>	2500mg **	5000mg **
<b>ElectroREV™ Hydration Matrix</b> Magnesium Glycinate, Sodium Chloride, Potassium Chloride	685mg **	1370mg **
<b>Taurine</b>	500mg **	1000mg **
<b>Organic Coconut Water Powder</b>	250mg **	500mg **
<b>Himalayan Pink Salt</b>	250mg **	500mg **
<b>Astragin®</b> (proprietary blend) (astragalus membranaceus extract (root) & panax Notoginseng extract (root))	25mg **	50mg **

†%(DV) Daily Value based on a 2000 calorie diet.  
\*\*Daily value not established

**Other Ingredients:** Citric Acid, Natural & Artificial Flavors, Sucralose, Calcium Silicate, Dextrose, Stevia Leaf Extract.

**Allergen Statement:** Contains Tree nuts (Coconuts)

**Allergen Warning:** This product was produced on equipment which also processes soy, milk, eggs, peanuts, tree nuts & wheat.