

KEEP OUT OF REACH OF CHILDREN

DIETARY SUPPLEMENT

FLAVOR  
Sour Green  
Apple

NON-GMO  
GLUTEN-FREE  
MADE IN A FDA  
REGISTERED FACILITY  
Learn more at [trycreate.co](http://trycreate.co)

**create**  
Creatine Monohydrate Gummies

With an ingredient that\*

45  
GUMMIES

Builds Lean Muscle  
Increases Energy  
Improves Recovery  
Boosts Cognition

1.5G  
Creapure®  
Creatine  
Monohydrate  
Per Gummy

\*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.

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## Create Wellness Every Day

Create is the first modern creatine brand. We stand for approachability, science-backed results, wellness through fitness, and product innovation. If you live an active lifestyle, our creatine monohydrate gummy is a tasty and convenient source of this very beneficial nutrient!

RECOMMENDED DOSE  
Take 2-3 gummies daily

Daily use

Drink plenty  
of water

No loading  
phase



Manufactured for  
Create Wellness, Inc.  
in Colorado Springs,  
Colorado 80915



## Supplement Facts

Serving Size: 3 Gummies  
Servings Per Container: 15

	Amount Per Serving	% Daily Value
Calories	33	
Total Carbohydrates	7.8g	3%*
Total Sugars	3.3g	†
Includes 1.8g Added Sugars		4%*
Creatine Monohydrate	4.5g	†

\*Percent Daily Values are based on a 2,000 Calorie Diet.

†Daily Value not established

**Other Ingredients:** Tapioca Syrup, Sugar, Allulose, Reverse Osmosis, Water Pectin, Natural Green Apple Flavor, Natural Green Color, Malic Acid, Citric Acid.