

Create Wellness Every Day

Pure, convenient, tasty creatine monohydrate powder mix.



RECOMMENDED DOSAGE Take 1 stick daily	Daily Use	Mix with 8-16oz of water	No loading phase
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DAILY USE

- Dosage:** To experience the full benefits of creatine, we suggest taking 5 grams (one stick pack) per day.
- Results:** Benefits can be experienced in 2-3 weeks.
- Loading:** We do not suggest a "loading phase." Instead, we suggest consistent use of 5 grams (one stick pack) per day.
- Timing:** We suggest taking at a convenient and consistent time. Many of our customers take in the morning or before / after a workout.



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30 ON-THE-GO STICK PACKS



create

Creatine Monohydrate Powder

LEMON LIME

Dietary Supplement

0 Sugar

WITH AN INGREDIENT THAT*

- Builds Lean Muscle
- Increases Energy
- Improves Recovery
- Boosts Cognition

NON-GMO GLUTEN-FREE SUGAR-FREE

MADE IN A FDA REGISTERED FACILITY

*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.

Supplement Facts

Serving Size Stick Pack (6.0g)
Servings Per Container 30

Amount Per Stick Pack (6.0g)	Daily Value %
Total Carbohydrate	1g <1%*
Creatine Monohydrate	5000mg †

*Percent Daily Values are based on 2,000 calorie diet
† Daily value not established.

Other Ingredients: Natural Flavors, Citric Acid, Stevia Plant Extract (Reb M).



Learn more at trycreate.co
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Manufactured for Create Wellness, Inc.
Lindon, UT 84042

0.21OZ 0.01LB 6G (STICK) - NET WT. 6.35OZ 0.40LB 180G