CREATINE MONOHYDRATE

Provides 5g of 100% pure Creatine Monohydrate – one of the most widely studied supplement ingredients – to help support ATP recycling for explosive movements. Creatine Monohydrate supports muscle building, recovery, performance, strength and power when used daily, over time and combined with exercise.▲

OPTIMUM® NUTRITION has been trusted to provide the highest quality in post-workout recovery, pre-workout energy, and on-the-go sports nutrition for over 30 years and in 80+ countries. After careful supplier selection, each ingredient is tested to assure exceptional purity, potency and composition. We hold ourselves to the highest production standards, all so you can unlock your body's full potential.

To find out more about the science and ingredients behind our products, visit OPTIMUMNUTRITION.COM.

OPTIMUM NUTRITION

MICRONIZED CREATINE POWDER

Supplement Facts

Serving Size 1 Rounded Teaspoon (5 g)
Serving Per Container 400

Amount per serving	
Creatine Monohydrate	5 g*

*Daily Value not established.

OTHER INGREDIENTS: None.

DIRECTIONS: Add 1 rounded teaspoon of Micronized Creatine Powder to a protein shake or a glass of your favorite flavored beverage. Then mix it up with a spoon. TIP: Power-up protein, meal replacement, and weight-gainer shakes with a rounded teaspoon of Micronized Creatine Powder.

Suggested Use: Intended for use in healthy adults and as part of a healthy, balanced diet and exercise program.

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18 OR WOMEN WHO ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING.

MANUFACTURED BY OPTIMUM NUTRITION, INC.

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AUTHENTIC OPTIMUM NUTRITION PRODUCT
OPTIMUMNUTRITION.COM/AUTHENTIC

INFORMED-CHOICE.ORG Trusted by sport

INFORMED-CHOICE is a quality assurance program for sports nutrition products. The program certifies that nutritional supplements that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, LGC Limited.

FOR MUSCLE BUILDING SUPPORT▲

100% PURE CREATINE MONOHYDRATE
SUPPORTS EXPLOSIVE MOVEMENTS▲

5G PER SERVING
SUPPORTS MUSCLE STRENGTH & POWER▲

BANNED SUBSTANCE TESTED

UNFLAVORED

CREATINE SUPPLEMENT **4.4 LB (2 KG)** **400 SERVINGS**
CREATINE SUPPORTS MUSCLE BUILDING WHEN TAKEN OVER TIME WITH EXERCISE.▲

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CONTENTS SOLD BY WEIGHT NOT VOLUME.

PACKAGED IN THE USA
THIS PRODUCT CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN.

▲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.