

Creatine powder

Supports ATP and muscle conditioning[†]

INDICATIONS

- Ages 18 and up
- Cellular energy and muscle function support[†]
- Nutritional support for athletes[†]

BENEFITS

- Promotes cellular energy production[†]
- Supports optimal work output and strength and conditioning adaptations from short-duration, high-intensity exercise[†]
- Supports lean muscle mass[†]

FEATURES

- Convenient powder formula for easy dispensing
- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

Creatine monohydrate increases optimal work output during short-duration, high-intensity exercise and encourages lean muscle mass during strength and conditioning programs.^{1,2,3} Creatine's primary role is to regenerate the energy molecule, ATP, which fuels working muscles.⁴ Creatine also serves as a buffer during exercise, delaying muscle fatigue and discomfort.^{5†}

SUGGESTED USE

As a dietary supplement, take 1 heaping scoop daily, mixed with a beverage, or as directed by a health professional.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Creatine powder (micronized) is synthetically produced

NOTES

Serving size 4 g (1 scoop)

Servings per container 62, 125

Bottle quantity 8.8 oz (250 g), 17.6 oz (500 g)

Order codes CRM2, CRM5

Bottle size 16 oz, 25 oz

REFERENCES

1. Mendes RR, et al. *J Nutr Biochem*. 2004 Aug;15(8):473-8.
2. Chilibeck PD, et al. *Appl Physiol Nutr Metab*. 2007 Dec;32(6):1052-7.
3. Chrusch MJ, et al. *Med Sci Sports Exerc*. 2001 Dec;33(12):2111-7.
4. Dabidi Roshan V, et al. *J Sports Med Phys Fitness*. 2013 Jun;53(3):232-9.
5. Dabidi Roshan V, et al. *J Sports Med Phys Fitness*. 2013 Jun;53(3):232-9.

SUPPLEMENT FACTS

1 heaping scoop daily, mixed with a beverage, or as directed by a health professional.

Serving size: 4 g (1 scoop)

One heaping scoop (approximately 4 g) contains:

Creatine monohydrate 4 g



Creatine powder	Quantity	Order Code
	500 g	CRM5
	250 g	CRM2

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