# Creatine powder

# Supports ATP and muscle conditioning<sup>‡</sup>

# **INDICATIONS**

- Ages 18 and up
- Cellular energy and muscle function support<sup>\*</sup>
- Nutritional support for athletes<sup>‡</sup>

### **BENEFITS**

- Promotes cellular energy production<sup>‡</sup>
- Supports optimal work output and strength and conditioning adaptations from short-duration, high-intensity exercise<sup>t</sup>
- Supports lean muscle mass<sup>‡</sup>

### **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.<sup>1,2,3</sup> Creatine's primary role is to regenerate the energy molecule, ATP, which fuels working muscles.<sup>4</sup> Creatine also serves as a buffer during exercise, delaying muscle fatigue and discomfort.<sup>5+</sup>

### 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

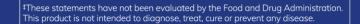
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- 3. Chrusch MJ, et al. Med Sci Sports Exerc. 2001 Dec;33(12):2111-7.
- 4. Dabidi Roshan V, et al. J Sports Med Phys Fitness. 2013 Jun;53(3):232-9.
- 5. Dabidi Roshan V, et al. J Sports Med Phys Fitness. 2013 Jun;53(3):232-9.

# 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



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