

DIRECTIONS: Loading Phase: Day 1 to 5: Mix 1 scoop with an 8 oz. glass of water twice daily.

Day 6 onwards: Mix 1 scoop with an 8 oz. glass of water once a day. To maximize results, retain adequate hydration.

CAUTION: Do not exceed recommended dose. Pregnant women or nursing mothers, children under 18, and individuals with a known medical condition, should consult with a physician before taking this or any other dietary supplement.

† 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.

**KEEP OUT OF REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.
STORE AT ROOM TEMPERATURE.**

Manufactured in the USA according to current Good Manufacturing Practice (cGMP) and conforms to the tested ingredient grade, strength and purity of industry Quality Standards.



INCREASES ENERGY†



PROMOTES ENDURANCE†



MUSCLE RECOVERY†



IMPROVES STRENGTH†



AS APPROVED SCIENCE®

CREATINE MONOHYDRATE

HIGH-ABSORPTION CREATINE MONOHYDRATE†
Premium Grade • High Potency
SAFE • FAST • NATURAL FORMULA

**Optimal Strength
GMP Certified**

With
BioPerine®
PATENTED
BIOAVAILABILITY ENHANCER

60 SCOOPS Total Net Weight 10.6 oz (300g)

DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 1 Scoop

Servings Per Container: 60

	Amount per serving	%DV
Creatine Monohydrate	5000 mg	*
BioPerine® (<i>Piper nigrum</i>) (fruit) (standardized to 95% Piperine) (standardized to 50:1)	5 mg	*

* Daily Value not established

% Daily Value (DV) based on a 2000 calorie diet

BioPerine® Patented Bioavailability Enhancer

Unflavored

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