

now
SPORTS

Creatine Monohydrate

1200 mg

Fast Acting Disintegration

ATP Energizer*

150 Tablets

A Dietary Supplement Vegetarian/Vegan



SUGGESTED USAGE: As a dietary supplement, take 3 tablets with fruit juice or other sweetened liquid 3 to 4 times daily, before and after exercise, for the first 7 days. Thereafter, for maintenance use, consume 3 tablets 1 to 3 times daily. Allow 3 to 4 hours between doses. For continuous use beyond 28 days, use one serving (3 tablets) daily. Consume plenty of fluids with this product.

Creatine is a compound that occurs naturally in the body, primarily in skeletal muscle. Creatine's function is to serve as a precursor to Adenosine Triphosphate (ATP), the form of chemical energy used by all cells. Body stores of Creatine create a pool of readily available ATP for energy, which is necessary for fueling quick bursts of power and strength. Studies have demonstrated that Creatine supplementation can help to maintain existing muscle tissue, support the growth and development of lean mass, and promote optimal performance during short bouts of intense exercise.* NOW® Creatine Monohydrate has no additives or preservatives.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition (especially kidney condition). Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 50

	Amount Per Serving	% Daily Value
Calories	10	
Creatine Monohydrate	3.6 g (3,600 mg)	†

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Silica and Vegetarian Coating.

Manufactured by NOW FOODS
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www.nowsportsproducts.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry, dark place after opening. Please Recycle.

*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.



Made in the USA

CODE 2048

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