

**SUGGESTED USE:**

As a dietary supplement, take as directed by your healthcare professional or as follows:

**LOADING PHASE: Day 1 through 5:** Mix 1 scoop with 6-10 oz of water and take 4 times daily.

**MAINTENANCE PHASE: Day 6 forward:** Mix 1 scoop with 6-10 oz of water and take once daily.

To maximize results, drink 8-10 glasses of water daily.

- **THIRD PARTY TESTED†**
- **NON-GMO†**
- **GLUTEN-FREE†**

**WARNING:** For healthy individuals 18 years or older. Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not use if safety seal is broken or missing.

**NOTICE:** Store in a cool, dry place. Contents are sold by weight, not volume. Some settling may occur. Do not use if safety seal is broken or missing.

**MADE AND QUALITY TESTED IN THE USA WITH GLOBALLY SOURCED INGREDIENTS.**

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**nutricost**  
PERFORMANCE

# CREATINE MONOHYDRATE

## MICRONIZED CREATINE MONOHYDRATE

**5G** | **200** | **1KG**  
PER SERVING | SERVINGS | PER CONTAINER

**UNFLAVORED**  
NET WT. 35.3 OZ (2.2 LB) (1 KG)  
DIETARY SUPPLEMENT



## Supplement Facts

Serving Size: 1 Scoop (5g)  
Servings Per Container: 200

Amount Per Serving	% DV
Creatine Monohydrate (Micronized)	5g *

\* Daily Value (DV) not established.

Other ingredients: None.

† 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.