

**SUGGESTED USE:**

As a dietary supplement, take 4 capsules daily with 8-12 oz of water or as directed by your healthcare professional.

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

**WARNING:** For healthy individuals 18 years and 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.

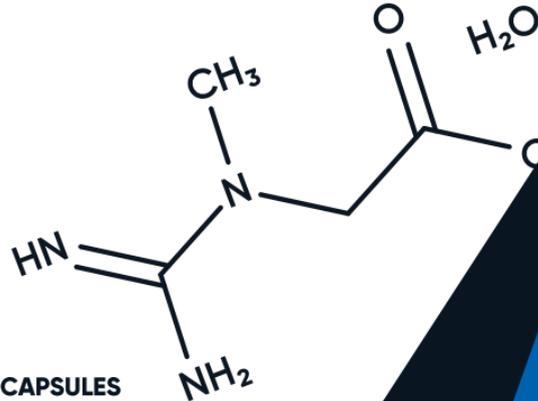
**NOTICE:** Store in a cool, dry place.

**nutricost**<sup>®</sup>  
PERFORMANCE

# CREATINE MONOHYDRATE

MICRONIZED CREATINE MONOHYDRATE

**3G** | **500** | **125**  
PER SERVING | CAPSULES | SERVINGS



**500 CAPSULES**  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 4 Capsules  
Servings Per Container: 125

Amount Per Serving	% DV
Creatine Monohydrate (micronized)	3g *

\* Daily Value (DV) not established.

Other ingredients: Gelatin capsule, magnesium stearate (vegetable source).

† 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 AND QUALITY TESTED IN THE USA  
WITH GLOBALLY SOURCED INGREDIENTS.

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