

CREATINE MONOHYDRATE

Suggested Use: Take 5 grams 2 to 3 times daily with water or your favorite sports drink. May be mixed with Pre-Workout.

Supplement Facts		
Serving Size: 1 Scoop (5g)		
Servings Per Container: 60		
	Amount Per Serving	% Daily Value*
Creatine Monohydrate	5 g	**
*Percent Daily Value based on a 2,000 calorie diet.		
**Daily Value not established.		