




Creatine Monohydrate Powder

Muscle Building and Strength*

-  CRTNMH | Net Wt. 16 oz (1 lb) 450 g
-  CRT2LB | Net Wt. 31.74 oz (1.98 lb) 900 g
-  CRTSTK | Net Wt. 5.29 oz (150 g)

With 1 lb, 2 lb, and travel-friendly size options, get a safe and effective supplement in the way that works best for your wellness routine.

Creatine levels decline naturally with age, and muscle strength declines at a rate of 1.2% to 1.5% per year after age 50. Creatine is one of the most researched supplements, linked to over 680 peer-reviewed clinical trials that consistently show its benefits for athletic performance and lean muscle mass maintenance, in combination with resistance training.*

While creatine may give you a leg up in the weight room or on the field, it also supports neurocognitive function, metabolic health, healthy aging, and energy production.* For women, creatine's benefits may be key during periods of hormonal changes.* This formula is also ideal for older individuals or aging populations and vegans or vegetarians who do not consume adequate amounts of creatine-rich foods.*



MUSCULOSKELETAL HEALTH*



Skeletal muscle growth and strength when combined with resistance training*



Athletic performance and recovery*



Retention of lean body mass at any age*



Brain and cognitive function*



Healthy aging*



Cellular energy production*

1-Pound Container

Supplement Facts	
Serving Size 5 grams (approx. one scoop)	
Servings Per Container 90	
Amount Per Serving	% Daily Value
Creatine Monohydrate	5 g *
*Daily Value not established.	

Recommended Use:

1 lb and 2 lb containers: Mix 5 grams (approx. one scoop) in 8 to 10 oz of water or as directed by your health-care practitioner.

Travel-friendly, single-serving packets:

Mix 1 stick pack (5 g) in 16 oz of water per day or as directed by your health-care practitioner.

JUST THE FACTS:

Compare supplement facts to the leading brands

- 5 g of micronized creatine per scoop or single-serving stick pack in a convenient powder that rapidly dissolves in liquid
- Formulated with micronized technology allowing for improved absorption and digestibility and enhanced bioavailability to targeted muscle tissue*
- Neutral taste — unflavored and unsweetened powder
- No artificial flavors, sweeteners, or dyes
- Available in 1 lb or 2 lb containers or in convenient, travel-friendly stick packs

*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.