

## **Creatine Monohydrate Powder**

Muscle Building and Strength\*

テ CRTNMH | Net Wt. 16 oz (1 lb) 450 g <sup>2</sup> CRT2LB | Net Wt. 31.74 oz (1.98 lb) 900 g

With 1- and 2-pound container 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.\*

















Skeletal muscle growth and strength when combined with resistance training\*



Athletic performance and recovery\*



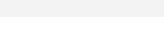
Retention of lean body mass at any age\*



Cellular energy production\*



Brain and cognitive function\*



Healthy aging\*

## Supplement Facts Serving Size 5 grams (approx. one scoop) Servings Per Container 90 Amount Per Serving % Daily Value Creatine Monohydrate

**Recommended Use:** Mix 1 scoop (5 grams) in 8-10 ounces of water per day, or as directed by your health-care practitioner. Consult with your health-care practitioner about your specific circumstances and any questions you may have.

\*Daily Value not established.

## JUST THE FACTS:

Compare supplement facts to the leading brands

- 5 g of micronized creatine per scoop 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