

# Creatine Monohydrate Powder

5 g of micronized creatine

CRTNMH | 1 lb. (450 g)

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 of all time, linked to over 64,000 peer-reviewed articles. Research shows it is one of the safest, and most effective ways to support athletic performance and maintain lean muscle mass at any age.\*

While creatine may give you a leg up in the weight room and on the field, it's not just beneficial for sports performance. It also supports neurocognitive function, metabolic health, healthy aging, energy production, women's health, and more.\* This formula is ideal for athletes, older individuals and aging populations, and vegans or vegetarians who do not consume adequate amounts of creatine-rich foods.



## MUSCULOSKELETAL HEALTH\*



Skeletal muscle growth and strength\*



Athletic performance and recovery\*



Retention of lean body mass at any age\*



Brain and cognitive function\*



Healthy aging\*



Cellular energy production\*

### 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:** 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.

### 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

\*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.