

Creatine

Suggested Use: Mix one packet (5g) with your favorite protein powder and about 8 oz. of cold water. You can also mix it with just water.

Supplement Facts

Serving Size 1 packet (5g)

Amount Per Serving		% Daily Value
Creatine (as Creatine Monohydrate)	5 g	*

*Daily Value not established.

Ingredients: Creatine Monohydrate.

Keep out of reach of children.

Contact Us

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