

### 100% HPLC Pure Creatine Monohydrate

Don't trust your workout to anything less than MET-Rx's Pharmaceutical Grade Creatine Powder. Each serving contains HPLC Pure Creatine Monohydrate, the best source of creatine because it contains more creatine per weight of material than any other source.

- Supports lean muscle mass, strength, power and speeds up recovery rates\*
- Enhances the ability of muscles to produce higher muscular force, especially during short bouts of maximal exercise\*
- Helps promote athletic performance\*
- Pharmaceutical Grade

**Flavors: None**

#### MET-Rx - Creatine Powder Pharmaceutical Grade 400 gram / 1000 gram

Supplement Facts		
Serving Size: 1 Teaspoon (5 g)		
Servings Per Container: about 80 / 200		
	Amount Per Serving	%Daily Value
HPLC Pure Creatine Monohydrate	5,000 mg (5 g)	**
**Daily Value Not Established.		

### Suggested Use

For adults, take one (1) teaspoon (5 g) daily. For best results, on non-workout days take one (1) teaspoon, preferably before breakfast. Mix with juice or other glucose-containing liquid. Creatine should be consumed within 10 minutes after mixing. Take this product with an adequate fluid intake. It is important to check with your health care providers before beginning any diet and exercise program. As a reminder, discuss the supplements and medications you take with your health care providers.

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

### Warnings

Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Avoid this product if you have kidney disease. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

\* 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.