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## Super Creatine Monohydrate

**Creatine Monohydrate** may be the single most studied product in the history of nutritional supplementation. Over the years, however, creatine has been widely recognized and accepted by the scientific community, medical professionals and hard training athletes — as a product that delivers on its promise of improved strength and enhanced muscle size.

Further, the International Olympic Committee and the National Collegiate Athletic Association (NCAA) allow the usage of creatine. It is used among top amateur and professional athletes.

### High-Intensity Anaerobic Activity

Creatine enhances the body's capacity to perform high intensity work. As a result, the body achieves greater muscle size as well as performance gains.

Athletes and active fitness enthusiasts take creatine because it allows the body to produce more energy. And, with more energy... "you can lift one or two more reps or 5 more pounds" and "your muscles will get bigger and stronger," according to published reports by Chad Kerkisick, Ph.D., assistant professor of exercise physiology at the University of Oklahoma.

Other published findings in the Journal of Sports Science and Medicine suggest that creatine use can increase maximum power and performance in high-intensity anaerobic repetitive work by up to 15 percent (15%).

In general, Creatine Monohydrate is most beneficial during high-intensity anaerobic workouts or competitive events. It does not appear to have much effect on endurance activities.

### Beyond Athletics

A preliminary clinical study suggests that creatine supplements may help lower levels of triglycerides. Creatine has also been reported to help lower levels of homocysteine, an amino acid associated with heart disease.

Other studies have shown creatine to have a positive impact on cognitive brain function. Some researchers and clinician are now incorporating creatine as part of an overall treatment for depression.

### Dietary Sources

About half of the creatine in our bodies is made from other amino acids in the liver, kidney, and pancreas. The other half comes from foods we eat. Wild game is considered to be the richest source of creatine, but lean red meat and fish (particularly herring, salmon, and tuna) are also good sources.

Each serving supplies a full 5 grams (5000 mg) of pure Creatine Monohydrate. The patented production method used to produce this Creatine yields a tasteless, odorless powder that mixes easily into water or juice.

### Supplement Facts

Serving Size 5 grams  
Servings Per Container 200

Amount Per Serving	% Daily Value*
Creatine (as creatine monohydrate 200 mesh)	5 g †

\*Percent Daily Values are based upon a 2,000 calorie diet.  
†Daily Values not established

**Creatine Monohydrate** is the bioavailable form of Creatine Phosphate, a high energy compound found in high concentration in the skeletal muscle tissue. Once absorbed, **Creatine Monohydrate is very rapidly converted into Creatine Phosphate.** During strenuous exercise, **Creatine Phosphate is used to replenish critical ATP stores that are consumed to power peak muscle contraction.\*\***

**\*\*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.**

### Directions for Use:

During loading take one (1) heaping teaspoon (**5,000 mg of Creatine Monohydrate**) two to four (2 - 4) times per day. For maintenance, during periods of intense exercise, training or performance. Take one (1) heaping teaspoon, one to two (1 - 2) times per day. Powder should be mixed with at least one full glass of water. Do not exceed four (4) teaspoons per day.