

suggested use:

everyday:

mix 1 scoop with a beverage of your choice anytime throughout the day

[creatine] (kree-uh-teen) *n.*

1. a compound formed in protein metabolism and present in much living tissue. It is involved in the supply of energy for muscular contraction.
2. a supplement that restores a waste product of muscular energy (ADP) back into its usable form (ATP).

de·fine[creatine][™].*n.*

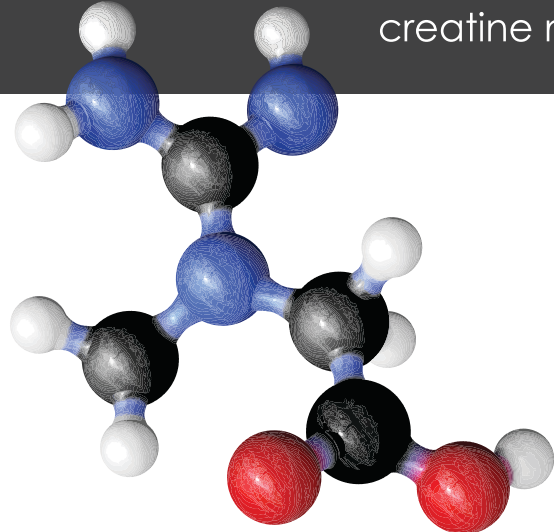
define[creatine] is the very definition of what a creatine supplement should be. At 5 grams of creatine monohydrate per scoop, define[creatine] supplies the clinically proven dose to increase power output, maximize cellular energy, hyper-hydrate muscle cells, increase cognition, and enhance recovery. Creatine monohydrate, the most extensively studied and proven form of creatine, accomplishes this by increasing phosphocreatine stores, which aids in the production of the energy currency of our cells, ATP. Through the process of osmosis, creatine will also draw more water into the muscle cells, increasing intra-cellular hydration and muscle hypertrophy. define[creatine] is micronized and filtered by 200 mesh, which ensures the finest powder and highest mixability. All of these qualities make define[creatine] the most ideal supplement to take daily to optimize athletic performance and recovery.†

#defineyourself



de·fine[nutrition][™].

de·fine[creatine][™]
creatine monohydrate



unflavored

Dietary Supplement 1.102lbs/500g

replenish[†]
ATP

cell[†]
volumizer

100%[†]
micronized

Supplement Facts

Serving Size: 1 Scoop (5g)
Servings Per Container: 100

Amount Per Serving	%DV*
Micronized Creatine Monohydrate	5g **

* Percent daily values are based on a 2,000 calorie diet.

** Daily value (DV) not established.

Other Ingredients: none

Warning: Manufactured in a facility which processes Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame.

Caution: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

California Proposition 65 Warning: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to: www.P65Warnings.ca.gov/food

† 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.



d[n][™].

define[nutrition].
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