

CREATINE MONOHYDRATE CAPSULES

Serving Size: 5 Capsules

40 servings

Amount Per Serving: Creatine Monohydrate: 4.5 grams

Directions: As a dietary supplement, take one serving (five capsules) two to three times a day, evenly spaced, on an empty stomach.

Optional 8-week creatine monohydrate loading and maintenance cycle:

Week 1: Loading (20g/day)

Weeks 2-5: Maintenance (10g/day)

Weeks 6-8: Off (no creatine)

Repeat Cycle

Other Ingredients: gelatin, cellulose, dicalcium phosphate, and magnesium stearate.