



Creatine UP [®]

More strength. More muscle.*†

Form: Powder

Flavor:

Size: 1 lb 0.93 oz

Expect more and get more with **Creatine UP**, featuring creatine monohydrate, taurine, and betaine. Creatine can help keep you going strong by promoting lean muscle growth and muscle strength with exercise, both key support areas for athletes.*

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Scoop (8 g)	
Servings Per Container	60	
Calories	30	
Creatine Monohydrate	5 g	*
Betaine (as betaine anhydrous)	1 g	*
Taurine	0.75 g	*

Directions: Mix 1 scoop (8 g) daily with 8 oz of water or beverage of choice. For best results, take this product 30 minutes before exercise, or immediately following exercise with a recovery beverage such as Perfect Protein. For best results, take 4 servings daily for 1 week, followed by 1-2 servings daily. On rest days, take 1-2 servings daily with a meal or as directed by a trainer, coach, or healthcare professional.

This product is non-GMO, gluten-free, and vegetarian.

Warning: Not for use in patients with severe liver, kidney, cardiovascular disease, or bipolar disorder.

Caution: Do not use if pregnant or nursing. Use below age of 18 only under the supervision of a healthcare practitioner. If taking other dietary supplements or medications consult with your healthcare professional prior to use.

Tamper Evident: Do not use if safety seal is missing or broken.

Storage: Keep tightly closed in a cool, dry place.

*Creatine promotes muscle strength with exercise