

# C(2) CREATINE

Ultra Premium Creapure®

## DIRECTIONS:

As a dietary supplement, take 1 scoop with 4oz of water, a protein shake, or juice before workouts or physical activity and 1 scoop after completion of the workout. On non-training days, take one serving upon waking, prior to first meal.

### Supplement Facts

Serving Size: 1 Scoop(2.5g)

Servings Per Container: 100

	Amount per Serving	%Daily Value
<b>Creatine Monohydrate</b> (From Creapure® Ultrapure Creatine Monohydrate)	2.5g	*

\*Daily Value not yet established

## THE C(2) ADVANTAGE

- Increase in training capacity (Endurance)\*
- Increase in absolute power (Strength)\*
- Decrease in mental fatigue\*