

## Supplement Facts

### CREATINE HCl

Serving Size: 1 capsule

Servings Per Container: 90

#### Amount Per Serving

Creatine HCl	750 mg	†
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**Suggested Use:** Take with water or juice post-training when Creatine uptake is maximum efficiency.

**Up to 200 lbs. (90 kg) bodyweight** - Take 2 servings per day.

**200 lbs. (90 kg) bodyweight or more** - Take 3 servings per day.

**Non-Training days** - Take 2 to 3 Servings upon waking with water or juice.

† Daily Value not established

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