

48 Servings

Pineapple

Serving Size 1 Scoop Per 100 Pounds Of Body Weight
Servings Per Container 48

Amount Per Serving	% Daily Value
Creatine HCl*	750 mg **

Other Ingredients:

Natural Flavoring, Pineapple Flavor N&A, Maltodextrin, Sucralose, Vanilla Flavor N&A, Silicon Dioxide, And FD&C Yellow No. 5

Directions For CON-CRET: RECOMMENDED ADULT USE: As a dietary supplement take 1 hour prior to training with approximately 4-6 ounces (118-177 mL) of water or juice. CON-CRET can be taken on an empty stomach or with food or mixed with protein.

Normal Training: 1 serving per 100 pounds of body weight.

Intense Training: 1-2 servings per 100 pounds of body weight. **Off**

Days: Can take 1 serving per 100 pounds of body weight to assist in muscle recovery.

Warnings: Consult a physician or healthcare provider before using this or any other dietary supplement or starting any exercise program. Do not exceed recommended dose. Maintain adequate hydration when using. CON-CRET is not a steroid. It is safe and legal. Exposure to moisture and humidity may cause clumping but will not affect the product. Stirring is suggested prior to use. **KEEP OUT OF REACH OF CHILDREN.** If pregnant or nursing, consult a healthcare professional before use.