



## **Creatine UP <sup>®</sup>**

More strength. More muscle.\*†

**Product Name:** Creatine UP <sup>®</sup>

**Product Flavor:** -

**Product Size:** 1 lb 0.93 oz

**Product Forms:** Powder

### Supplement Facts

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

**URL:** <https://www.metagenics.com/item/creup60/creatine-up-sup/sup/1.html>

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**