



CREATINE

CAPSULES

3000

- Improves Performance In High-Intensity Strength Training*
- Increases Muscle Mass, Strength and Size*
- Muscle Volumizing Effects*

The Ultimate in Safety, Purity & Convenience

ALLMAX Creatine is the ultimate in purity and safety; rigorously held to strict standards that meet or exceed 3rd-Party independent testing for cGMP guidelines. Now in a simple, easy-to-take capsule format, the perfect supplement is even easier.*

Creatine Monohydrate is the most heavily researched (more than 300 studies) and time-tested sports nutrition supplement in the world. Creatine is a nitrogenous compound that occurs naturally in the body and helps to supply energy to all cells in the body, primarily muscle cells. Creatine is a quickly available source of energy for muscle contractions used to enhance athletic performance. Creatine has been shown to increase maximal strength and endurance by as much as 15% and up to 30% in power output and energy release in short-burst/interval sports.

Supplement Facts

Serving Size **4 Capsules**
 Servings Per Container **30**

Amount Per Serving **% Daily Value**

Creatine Monohydrate **3,000 mg** †

† Daily Value not established.

OTHER INGREDIENTS: Vegan Caps (Hypromellose), Silicon Dioxide, Magnesium Stearate.

US1004



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