

ANS REAL SCIENCE.
PERFORMANCE® REAL RESULTS.

Creatine has been shown to significantly boost muscle strength, power, and size during high-intensity exercise. ANS Performance Creatine monohydrate is micronized (making the particles smaller) for improved mixability and performance.▲



BUILD*



ENDURANCE*



POWER*



WARNINGS: Check with a qualified healthcare professional before using this product if you are under 18 years of age, pregnant or nursing a baby or if you have any known or suspected medical condition(s) and/or are taking any prescription or OTC medication(s). KEEP OUT OF REACH OF CHILDREN.

STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.

▲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.

ANS
PERFORMANCE®

CREATINE MONOHYDRATE 5,000MG MICRONIZED



- PHARMACEUTICAL GRADE
- BUILD MUSCLE & STRENGTH*
- INCREASE MUSCLE ENERGY*

UNFLAVORED

NET WT. 300 G (10.6 OZ)
DIETARY SUPPLEMENT NPN 80057048

60
SERVINGS

SUPPLEMENT FACTS

Serving Size: 1 Scoop (5 g)
Servings Per Container: 60

	Amount Per Serving	% DV
CREATINE MONOHYDRATE	5000 mg	*

* Daily Value (DV) not established.

OTHER INGREDIENTS: None.

DIRECTIONS: Add 1 scoop of Creatine Monohydrate (5g) to a glass filled with 8-12 oz of cold water or fruit juice, and mix it up with a spoon.

SUGGESTED USE:

CREATINE LOADING: Take 1 scoop (5g) of Creatine with morning, afternoon, and evening meals and 1 additional scoop before going to bed for 4-5 days to help saturate your muscles with creatine.

CREATINE MAINTENANCE: Take 1 scoop (5g) of Creatine with a meal or immediately after training with your post workout protein shake. Drink at least eight glasses of water daily when supplementing with creatine. Consuming simple carbohydrates with creatine may help improve overall effectiveness.

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ANSPerformance.com   

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