

**INCREASE YOUR POWER OUTPUT!**

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**WHEN IT COMES TO INCREASING STRENGTH QUICKLY, NOTHING COMES CLOSE TO CREATINE.**

Professional and amateur athletes know this. That is why many of them use and recommend taking a creatine supplement. For this reason creatine has become one of the most popular supplements of all time and has become an essential part in a growing number of strength and conditioning programs.

**Get the most from your muscles.** Are you strong enough? Are you fast enough? Do you look in the mirror and see a body that could be bigger? Have you hit a plateau with your training? You can quickly gain more size and strength naturally with 100% pure pharmaceutical-grade creatine monohydrate. **POWER CREATINE™** can maximize your athletic performance by raising the level of ergogenic creatine in your muscles.

Creatine is an essential compound in the body's anaerobic energy cycle. It serves as a "shuttle" that directly provides the energy for intense muscular contraction. If creatine is not present in sufficient amounts, energy for intense exertion is both low and slower to recover. Supplementing with **POWER CREATINE™** helps increase available muscular energy for that set of squats, or that sprint, or that jump, and so on. Likewise, creatine will enable quicker recovery for that next effort, just seconds away.

**Your Result: Better Performance!**

**POWER CREATINE™** is guaranteed to be the absolute highest quality creatine monohydrate. Every batch is tested for purity before it gets packaged.‡

‡ 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.

**CHAMPION NUTRITION**

**POWER CREATINE™**  
**IMPROVE MUSCLE STRENGTH, DENSITY, AND SIZE**

**INCREASE YOUR POWER OUTPUT!**

**PHARMACEUTICAL-GRADE  
100% PURE CREATINE MONOHYDRATE**

**DIETARY SUPPLEMENT Net Wt. 1 lb (454 g)**



**Supplement Facts**

Serving Size 1 Scoop (5g)  
Servings Per Container 80

	Amount Per Serving	% DV
Creatine Monohydrate	5 g	†

† Daily Value not established.

**INGREDIENTS:** 100% pharmaceutical-grade creatine monohydrate.

**RECOMMENDED USE:** For loading:\*\* Take 1 scoop (approx. 5g) with 8 oz. (240 ml) of water or fruit juice. Repeat 4 to 5 times daily for 5 days.

**FOR MAINTENANCE:** Take 1 scoop (approx. 5g) with 8 oz. (240 ml) of water or fruit juice, once before and once after each workout, for 3 weeks. Thereafter, we recommend to cycle off **POWER CREATINE™** for two weeks before restarting the maintenance phase.

\*\* The loading phase is only necessary for first time users of creatine or for individuals who have not used a creatine supplement for a period longer than two months.

CHAMPION NUTRITION®'s mission is to enhance health and performance through innovative product development and education. In addition to marketing its full line of supplements, CHAMPION NUTRITION manufactures its products on-site at its FDA-approved facility in Concord, California. This enables CHAMPION NUTRITION to have complete control over all aspects of production to yield the most effective, high-quality, and best-tasting nutrition products on the market.

**ALLERGY WARNING:** Produced in a facility that processes milk, egg, peanuts, tree nuts, wheat, soy, and crustacean shellfish derivatives.

This product is intended for human use by healthy, physically active adults. If you are pregnant, lactating, under medical care or using any medications, please consult your physician before using this or any other dietary supplement.

Contents may settle: filled by weight, not by volume.



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