

• PROFESSIONAL GRADE SUPPLEMENTS •

**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.\*

**THE UNDISPUTED KING OF CREATINE** - Over 95% of all research ever conducted used Creatine Monohydrate. Other forms of Creatine have come and gone, all trying to make the claim that they have improved the original Creatine. The truth is that very few, if any, scientific studies are even being attempted to try to prove that they enhance performance in any way.\*

**RESEARCH REIGNS SUPREME** - Creatine Monohydrate is the most heavily researched (more than 300 studies) and time-tested sports nutrition supplement in the world. Creatine has been shown to increase maximal strength and endurance as much as 15% and up to 30% in power output and energy release in short burst/interval sports.\*



Made in USA with domestic and imported ingredients.  
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\* 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.

SCIENCE • INNOVATION • QUALITY • RESULTS

**ALLMAX**  
ESSENTIALS

**CREATINE**  
CAPSULES **3000**

- + IMPROVES PERFORMANCE IN HIGH-INTENSITY STRENGTH TRAINING\*
- + INCREASES MUSCLE MASS, STRENGTH AND SIZE\*
- + MUSCLE VOLUMIZING EFFECTS\*



**120 CAPSULES**  
DIETARY SUPPLEMENT

**RECOMMENDED DOSE:** Take 4 capsules daily with water or juice upon waking / post-workout, or on non-training days, after a meal. Start with a loading phase of 4 weeks (3-5 g/d) and follow with a maintenance phase (2-5 g/d).

**Supplement Facts**

|                               |                      |
|-------------------------------|----------------------|
| <b>Serving Size</b>           | <b>4 Capsules</b>    |
| <b>Servings Per Container</b> | <b>30</b>            |
| <b>Amount Per Serving</b>     | <b>% Daily Value</b> |
| <b>Creatine Monohydrate</b>   | <b>3,000 mg †</b>    |

† Daily Value not established.

**OTHER INGREDIENTS:** Gelatin (Bovine), Silicon Dioxide, Magnesium Stearate.

**RECOMMENDED USE OR PURPOSE:** Aids in improving strength / performance in repetitive bouts of brief, highly-intense physical activity. Aids in increasing body / (lean) muscle mass when used in conjunction with a resistance training regimen.\*

**WARNINGS:** Do not use if you are pregnant or breastfeeding, have a medical condition(s) such as kidney disease/disorder or are taking prescription medications. Use for a minimum of 4 weeks. May result in weight gain. Not intended for use by those under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. Do not use if inner seal is broken.

**CALIFORNIA WARNING:** Lead is known to the State of California to cause birth defects or reproductive harm. Consuming this product can expose you to more than 0.0000005 g of lead. For more information go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

**ALLERGEN WARNING:** Produced in a facility that also handles Milk, Soy, Egg, Peanut, Tree Nuts, Sesame, Fish, Crustacean and Shellfish products.

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