



# 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 † |
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† Daily Value not established.

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

US1001



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