

## **CREATINE MONOHYDRATE POWDER**

Serving Size: 1 teaspoon (5g)

60 servings

Supplement Facts:

Amount Per Serving: Creatine Monohydrate: 5 grams

Directions: As a dietary supplement, take one rounded teaspoon, approx. 5 grams two times a day, evenly spaced, on an empty stomach.

Optional 8-week creatine monohydrate loading and maintenance cycle:

Week 1: Loading (20g/day)

Weeks 2-5: Maintenance (10g/day)

Weeks 6-8: Off (no creatine)

Repeat Cycle