

# Creatine

Support for cellular energy production and lean muscle mass\*



Creatine monohydrate



## What it is

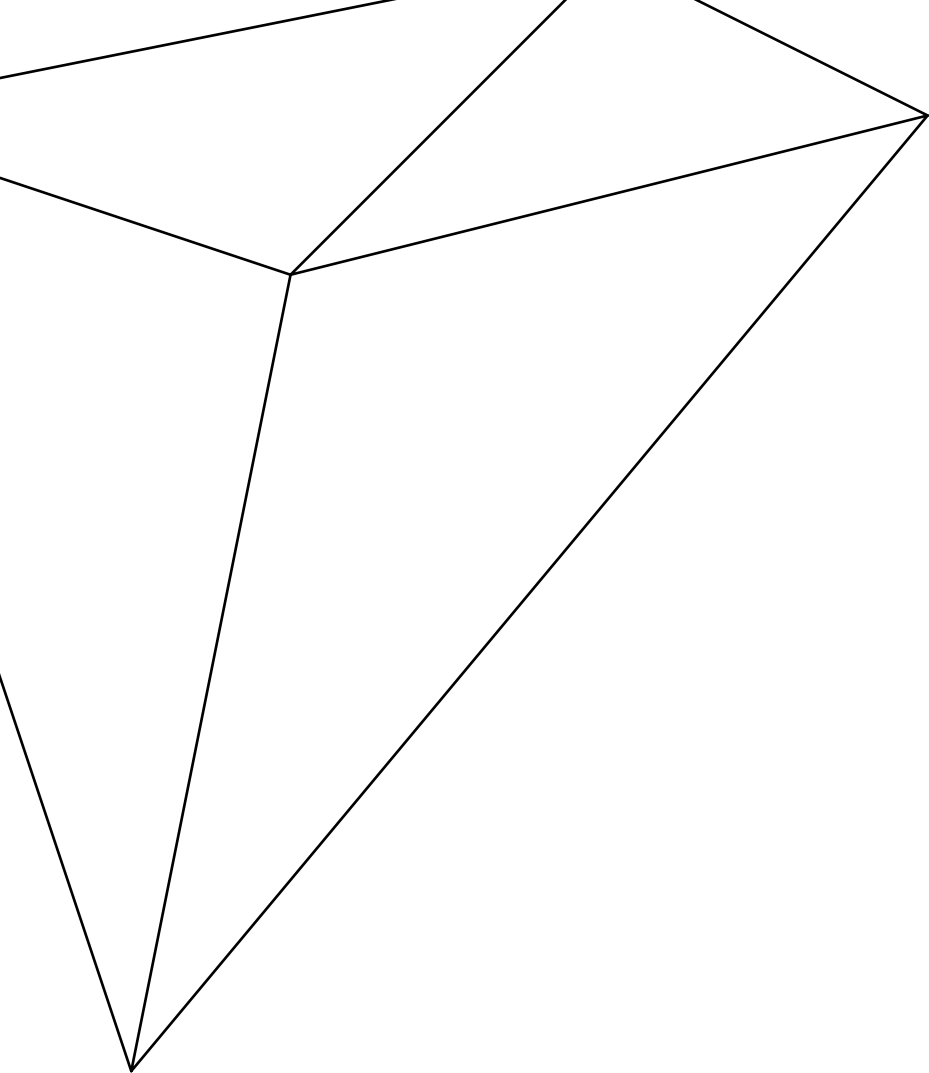
Creatine is an amino acid found mostly in your muscles and in the brain. It's naturally produced in the body from other amino acids. Creatine is also found in foods like meats, eggs, and fish. It plays a vital role in the body's production of cellular energy by helping to make ATP, a molecule needed for intense exercise, as well as for supplying the energy to pump your heart and power your brain.\* Thorne's Creatine is NSF Certified for Sport®.

## What it does

- / Supports cellular energy (ATP) production\*
- / Helps maintain and promote lean body mass, muscle endurance, and power output\*
- / Supports cognitive function\*
- / Mixes easily in water or beverage of choice

## Benefits

- / **Muscle Performance:** Promotes physical endurance, power output, and increased work capacity of muscle\*
- / **Lean Body Mass:** Enhances strength and promotes lean body mass\*
- / **Cognition:** Supports cognitive function and a healthy body composition, especially in the aging population\*
- / **Cellular Energy Production:** Creatine helps the cells of the body more efficiently create energy, thus benefiting exercise capacity\*
- / **Injury Prevention:** Promotes a reduction in the frequency of dehydration, muscle cramps, and injuries to the muscles, bones, ligaments, tendons, and nerves\*
- / **Nutritional Support:** For individuals who have an increased dietary need, such as athletes, or for those who aren't consuming enough creatine-containing foods in their normal diet\*



| SUPPLEMENT FACTS                   |     | V10 |
|------------------------------------|-----|-----|
| Serving Size: One Scoop (5 g)      |     |     |
| Servings Per Container: 90         |     |     |
| One Scoop (5 g) Contains:          |     | %DV |
| Creatine Monohydrate               | 5 g | *   |
| *Daily Value (DV) not established. |     |     |

**Suggested Use**  
Mix 1 scoop with at least 8 ounces of water, juice, or preferred beverage daily or as recommended by your health-care or performance professional. Can be used 30-90 minutes before or after exercise.

If pregnant, consult your health-care practitioner before using this product.

| SKU   | Unit Count   | Benefits                             | Features  |
|-------|--------------|--------------------------------------|---|
| SF903 | Net wt 16 oz | Sports Performance*<br>Brain/Nerves* | NSF Certified for Sport®<br>Gluten Free<br>Soy Free<br>Dairy Free |

