

### Supplement Facts

Serving Size: 5 g (1 heaping teaspoon)  
Servings Per Container: 200

#### Amount Per Serving

**Creatine Monohydrate** 5000 mg \*

\* Daily Value not established.

#### SUGGESTED USE:

As a dietary supplement, add 1 heaping teaspoonful daily to cold water or your favorite beverage.

While using a creatine supplement, be sure to consume ample amounts of water (ideally 120 oz a day) to avoid dehydration.

\*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.



DYMATIZE® Creatine Monohydrate has always been processed to an extra fine 180 microns ensuring proper dispersion. X

DYMATIZE® Creatine Monohydrate is manufactured using only the most advanced techniques and conforms to the strict International Molecular Formula:



LABORATORY TESTED FOR  
QUALITY AND PURITY



DO NOT USE IF PREGNANT OR LACTATING.  
KEEP OUT OF THE REACH OF CHILDREN.  
Consult a physician prior to use if you have any medical conditions. Use only as directed.

BUILDING BETTER BODIES®  
DYMATIZE.COM

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DYMATIZE®  
NUTRITION

# CREATINE MICRONIZED

100% PURE PHARMACEUTICAL GRADE

DIETARY SUPPLEMENT

Clinically Proven  
Muscle Hydrator  
Cell Volumizer  
ATP Activator

**1 KILO**  
1000 GRAMS!

NET WT 2.2 LBS (1000G)