Creatine 1,200 mg

Category: Sports Nutrition

- **ATP Energizer***
- **Fast-Acting Disintegration**
- **Helps Increase Short-Term Endurance and Strength***
- **Use in Conjunction with NOW Pyruvate, D-Ribose, and Carbo Gain**
- **Smaller, Easier-to-Swallow Tablets**

Item 2048 – 150 Tablets

Positioning Purpose: Our new 1,200 mg tablets replace our 1,500 mg formula, which required a tablet size too large for many consumers to comfortably take. NOW listened and responded to consumer feedback with this new, smaller tablet formula.

Product Description: NOW® Sports Creatine Monohydrate is a naturally occurring compound found in the human body and obtained in the diet primarily from meat and fish. Creatine is a popular supplement among active individuals because of its ability to serve as an energy reservoir, especially during intense physical exertion. During short, intense bursts of activity, the body breaks down adenosine triphosphate (ATP) into adenosine diphosphate (ADP) and phosphate for energy. Creatine helps the body convert ADP back to ATP, providing greater amounts of ATP for energy, which may increase short-term endurance and strength.*

Ingredients: Creatine Monohydrate 1,200 mg (per tablet). Other Ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Silica, and Vegetarian Coating.

Ideal Users: Active adults seeking additional energy for short-term endurance and strength training.

Recommended Use: As a dietary supplement, take 3 tablets with fruit juice or other sweetened liquid 3 to 4 times daily, before and after exercise, for the first 7 days. Thereafter, for maintenance use, consume 3 tablets 1 to 3 times daily. Allow 3 to 4 hours between doses. For continuous use beyond 28 days, use one serving (3 tablets) daily.

Also Consider Taking: Pyruvate, D-Ribose and Carbo Gain.

Supporting Science: N/A

Additional Information: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition (especially kidney condition). Keep out of reach of children.

* 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.

NOW® SPORTS

www.nowsportsproducts.com