

SULBL0076/SUBB31109 Rev. 06/09/15



SUPPLEMENT FACTS

Serving Size 1 level scoop (5 g) Servings Per Container 40

	AMOUNT PER SERVING	% DV†
Creatine monohydrate	5 g	**

†Percent Daily Values are based on a 2,000 calorie diet.

**% Daily Value (DV) not established.

*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.

© 2015 Beachbody, LLC. All rights reserved. Exclusively distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC is the owner of the Beachbody Performance, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. For Beachbody and Team Beachbody Customer Service, please call 1 (800) 818-5174 or go to Beachbody.com.

DIRECTIONS: Gently shake the container to loosen compressed powder. Add 1 level scoop with 8 ounces prepared Beachbody Recover shake or a high-carbohydrate beverage (like grape juice). Drink within 30 minutes after exercise.

RECOMENDED DOSAGE:

Regular 5 g
Faster Loading Phase: 4 x 5/day (5days)
Maintenance Phase: 5g

WARNING: Consult with a healthcare professional if you are pregnant, breastfeeding, or if you have any medical conditions. Keep out of reach of children.

ALLERGEN INFORMATION: This product is manufactured in a plant that also processes milk, soy, egg, fish, crustacean shellfish, tree nuts, peanuts, and wheat ingredients.

STORE IN A COOL, DRY PLACE.



BEACHBODY PERFORMANCE™

CREATINE



**FORMULATED WITH CREATINE MONOHYDRATE
SCIENTIFICALLY SHOWN TO:***

- » Improve high-intensity exercise performance
- » Increase muscle strength and power
- » Enhance the effects of resistance training

BEACHBODY PERFORMANCE™ SUPPLEMENTS

Designed by Harvard-trained scientists, and based on cutting-edge exercise physiology and performance nutrition research, Beachbody Performance uses scientifically backed *ergogenic* ingredients and plant-based nutrients to help maximize exercise performance and recovery without any artificial colors, flavors, sweeteners, or preservatives.

Beachbody Performance's Creatine is the purest, safest, most effective form of creatine in the world. Research shows that other creatine forms just don't live up to the hype. Creatine monohydrate is scientifically shown to help increase muscle creatine levels, improve high-intensity exercise performance, improve muscle strength and power, enhance the effects of resistance training, and facilitate muscle glycogen recovery.



Certified for Sport®

DIETARY SUPPLEMENT

NET WT 7.05 OZ (200 g)