

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.

DISTRIBUTED BY: Beachbody, LLC, Santa Monica, CA 90404
• 1 (800) 818-5174

*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.

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

DIRECTIONS: Gently shake the container to loosen compressed powder. Add 1 level scoop (5 g) with 8 oz of BEACHBODY PERFORMANCE RECOVER, water, or a high-carbohydrate beverage in accordance with RECOMMENDED USE below.

RECOMMENDED USE

Standard use: 1 serving per day.

To increase muscle creatine levels faster:

Loading Phase: 4 servings per day (morning, midday, evening, and prior to sleep) for 5 days.

Maintenance Phase: 1 serving per day.

WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

KEEP 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 phytonutrients to help maximize exercise performance and recovery without any artificial colors, flavors, sweeteners, or preservatives.*

Beachbody Performance's Creatine is the purest, most tested, and 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.*

DIETARY SUPPLEMENT

NET WT 7.05 OZ (200 g)



SUBB31109

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