

SCIENCE • INNOVATION • QUALITY • RESULTS

## • PROFESSIONAL GRADE SUPPLEMENTS •

**The Ultimate in Safety & Purity** - ALLMAX Pharmaceutical Grade CreaSyn™ Creatine is the ultimate in purity and safety; rigorously held to strict standards that meet or exceed 3rd-Party independent testing for WADA Banned Substances and cGMP guidelines. In addition, our Creatine is micronized to an ultra-fine, free-flowing powder. Most Creatine powders on the market today have particles that are as much as 250% larger!\*

**Research Reigns Supreme** - Creatine Monohydrate is the most heavily researched (more than 300 studies) and time-tested sports nutrition supplement in the world. Creatine has been shown to increase maximal strength and endurance as much as 15% and up to 30% in power output and energy release in short burst/interval sports.\*



- The new standard in Creatine
- Enhanced solubility
- World-Class purity specifications
- Pharmaceutical grade

A new standard in Creatine with an impressive array of quality assurances including: Gluten-Free, Vegan, Pharmaceutical Grade, Kosher, and cGMP. The result is CreaSyn™; a pure, clean and trusted source of Creatine. We believe that CreaSyn™ is the new standard for Creatine and the most premium choice for Creatine on the market.



**VERIFIED FOR SPORT. BANNED SUBSTANCE TESTED.**  
All lots are banned substance tested by an ISO17025 accredited laboratory for over 480 World Anti-Doping Agency (WADA) analytes. For more details visit [VerifiedforSport.com](http://VerifiedforSport.com)



# ALLMAX<sup>®</sup>

## ESSENTIALS

# CREATINE

## PHARMACEUTICAL GRADE

- + Improve Performance In High-intensity Strength Training\*
- + Increase Muscle Mass, Strength and Size\*
- + Muscle Volumizing Effects\*



## 400 G

Net Wt 14.11 oz (400 g)

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Scoop	5 g
Servings Per Container	80
Amount Per Serving	% Daily Value
CreaSyn™ (as Creatine Monohydrate)	5 g †

† Daily Value not established.

**RECOMMENDED DOSE:** Start with a loading phase of 5-7 days and follow with a maintenance phase. Take daily with water or juice.

**LOADING PHASE** – 1 scoop (5 g) four times daily (total of 20 g / day) for 5-7 days.

**MAINTAIN PHASE** – 2/3 - 1 scoop daily (total of 3-5 g / day).

**RECOMMENDED USE OR PURPOSE:** Aids in improving performance in repetitive bouts of brief, highly-intense physical activity. Aids in increasing muscle mass when used in conjunction with a resistance training regimen.\*

**WARNINGS:** Do not use if you are pregnant or breastfeeding, have a medical condition or are taking prescription medications. Consult a healthcare practitioner before use. May result in weight gain. Not intended for use by those under 18. Store in a cool, dry place. Do not use if inner seal is broken.

**CALIFORNIA WARNING:** Lead is known to the State of California to cause birth defects or reproductive harm. Consuming this product can expose you to more than 0.0000005 g of lead. For more information go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

**ALLERGEN WARNING:** Produced in a facility that also handles Milk, Soy, Egg, Peanut, Tree Nuts, Sesame, Fish, Crustacean and Shellfish products.

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Product of USA  
with domestic  
and imported  
materials



\*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.