

# dotFIT ExtremeCreatineXXXL



Supplement Facts		
Serving Size: 1 Rounded Scoop (10.7g)		
Servings Per Container: 60		
	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	0%
CreaPure® Creatine Monohydrate	2.5 g	*
CarnoSyn® Beta-Alanine	1.6 g	*
L-Glutamine	3.5 g	*

\* Daily Value Not Established

## Who is this for?

- Anyone looking to take their training and performance to the next level. Creatine monohydrate is made and stored in the body. Supplementation has been shown to increase strength, power and muscle size; improve recovery from high intensity exercise, and enhance athletic performance. It recycles your body's immediate energy stores, allowing you to either get those extra reps and train harder. Beta-Alanine buffers fatigue-producing compounds in the body. These ingredients bolster muscle strength and endurance, and supports lean muscle mass.

## What makes this product unique?

- This formula contains 3 proven ingredients in the highest quality, most effective forms in ideal doses:
  - Creatine monohydrate from Creapure
  - Beta alanine from Carnosyn
  - L-glutamine in a stable, dipeptide form
- Stimulant free, easy to mix powder
- NSF Certified for Sport

## How should I take this?

- As a dietary supplement, mix 2 scoops daily with 8 oz. of water, as directed below
- On Training Days: Take 1 scoop before training and 1 scoop after. You may mix with your pre/post shake containing protein and carbohydrates
- On Non-Training Days: Take 1 scoop with morning meal or shake and 1 scoop with evening meal or shake.

