

# dotFIT Creatine Monohydrate



<b>Supplement Facts</b>		
Serving Size: 6.8g (1 heaping scoop) Servings Per Container: 60		
	Amount Per Serving	% Daily Value*
Calories	5	
Total Carbohydrate	2 g	1%
Calcium	24 mg	2%
Creatine Monohydrate	5,000 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* % Daily Value not established.

**Other Ingredients:** Maltodextrin, Citric Acid, Natural and Artificial Flavors, Calcium Silicate, Sucralose, Red Beet Juice (for color).

## 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. Creatine monohydrate recycles your body's immediate energy stores, allowing you to train more intensely. It also provides a cell volumizing effect, which drives more nutrients and water into the cells to maximize protein synthesis (building).

## What makes this product unique?

- It contains Creapure®, a superior form of creatine monohydrate sourced from Germany, which results in less waste/byproduct.
- It is NSF-Certified for Sport for purity, potency and label accuracy
- There are 5 grams per serving
- Delicious Raspberry Lemonade Flavor

## How should I take this?

- For the first five days of loading, mix one (1) heaping scoop with 4-8 oz of favorite fluid and take four (4) times daily with a carbohydrate containing meal/drink. Thereafter take 1/2 to 1 scoop (1-scoop if over 200 lbs) twice daily to maintain stores. To help maximize creatine uptake, split doses throughout the day with meals/drinks containing ~25 to 45 grams of carbohydrate (depending on size). On training days use one dose before workout and one after with meals/drinks. May mix with your pre & post training formula.