

CREATINE MONOHYDRATE



ID # 7307 – 45 Servings | ID # 7308 – 70 Servings

Premium Nutrition. Maximum Performance.

PURE. TESTED. MICRONIZED FOR EASY MIXING.

Creatine Monohydrate is a highly researched amino acid shown to support muscle strength, power and size in combination with high intensity activity.* It also supports cellular energy and brain health.* Eniva Health® provides premium creatine monohydrate in micronized form for easy mixing and optimal delivery to the body.*

For Exercise and Regular Activity

May take 1 scoop (5 grams)
30 - 90 minutes before or after activity.

SCHEDULE		
Loading	5 Days	20 grams
Maintenance	15 Days	5 grams
Loading	15 Days	20 grams
Maintenance	15 Days	5 grams

For Sports Performance Loading

Complete 2 Loading Cycles over 40 days.

Premium Nutrition. Maximum Results.

Supplement Facts

Serving Size 1 Full Scoop (5g)
Servings Per Container 45

	Amount Per Serving	% Daily Value
Calories	0	
Total Fat	0	
Total Carbohydrate	0	
Creatine Monohydrate	5g	†

†Daily Value not established.

Other Ingredients: None

Creatine Supports...

- Building lean muscle mass, muscle strength and size*
- Muscle endurance*
- Power and performance during a workout*
- Muscle growth to full potential*
- Exercise recovery – supports hydration and nutrient replenishment for muscles, bones, ligaments, tendons and nerves*
- May help delay fatigue and mild muscle tenderness*
- Cognition and brain health*
- ATP production – release of energy from ATP to cellular activities*

Creatine Attributes

- Creatine Attributes
- 5 Grams Creatine Per Serving
- Micronized for Enhanced Absorption
- Ultra-pure – Third-party Tested to Ensure Quality
- Nature Based • Gluten Free
- No Fillers or Additives • No Sugars
- No Artificial Flavors, Sweeteners or Colors
- Soy Free • Zero Calories or Fat
- Doctor Formulated • Non GMO

CREATINE

MUSCLE STRENGTH*
ENERGY & STAMINA*

Why You'll Love Eniva Creatine

- Lean Muscle Mass*
- Brain Power & Focus*
- Workout Vigor & Agility*
- Maximum Performance*
- Cellular Energy*



WHAT

5 Grams Creatine per Serving
Micronized Powder
Smooth Mixing – Dissolves Quickly



WHEN

30 – 90 minutes before or after activity. – Mix with water, protein or fruit drink.



WHY

- Non GMO • Gluten Free • Vegan
- Zero Sugar • Zero Carbs
- Unflavored • No Fillers