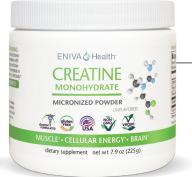


CREATINE MONOHYDRATE





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 (5 g) Servings Per Container 45

Amount Per Ser	ving	% Daily Value
Calories	0	
Total Fat	0	
Total Carbohydrate	0	
Creatine Monohydrate	5 g	†
†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' CREATINE MONOHYDRATE MICRONIZED POWDER MICRONI



















