

CREATINE MONOHYDRATE

Support your strength. Find your flavor.



Unflavored



Fruit Punch



Snow Cone



Southern Lemonade



Orange Splash

5 g

CREATINE PER SERVING

60

SERVINGS PER CONTAINER

5

FLAVOR OPTIONS

MADE FOR YOUR TRAINING ROUTINE

Creatine can help you gain strength when you lift weights regularly.[†] ¹ Every flavor provides 5 g of creatine monohydrate per serving.

Research is also exploring memory. Findings are mixed, and better memory or focus from this product's 5 g serving has not been proven. Read the research and its limitations on the product page.

SERVING SIZES

Unflavored: 1 scoop (5 g). Other Ingredients: None.

Flavored options: 1 scoop (7 g). Flavoring ingredients and sweeteners vary by flavor. See the full panels on page 2.

WARNINGS

Women who are pregnant or lactating and anyone taking medications or other dietary supplements should consult a health care professional before using any nutritional product. If any adverse reactions occur, discontinue use and consult a healthcare professional.

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

[†]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.

1. Systematic review and meta-analysis (2024), PMID 39519498. Ingredient research, not a clinical test of this finished product. Results vary. pubmed.ncbi.nlm.nih.gov/39519498

HOW TO USE

As a dietary supplement, take 1 serving (1 scoop) with 10-12 oz of cold water. Experienced users may take more than one serving per 24 hour period.



Scan for the current product page, flavor details and research.

Know your scoop.

Each flavor provides 5 g of creatine monohydrate and 60 servings. Scoop weight and Other Ingredients differ. Read the panel for your selected flavor.

Unflavored

Supplement Facts

Serving Size 1 Scoop (5 g)
Servings Per Container 60

Amount Per Serving		% Daily Value
Creatine Monohydrate	5 g	*

* Daily Value (DV) not established.

Other Ingredients: None.

Fruit Punch

Supplement Facts

Serving Size 1 Scoop (7 g)
Servings Per Container 60

Amount Per Serving		% Daily Value
Creatine Monohydrate	5 g	*

* Daily Value (DV) not established.

Other Ingredients: Natural and Artificial Flavors, Citric Acid, Malic Acid, Silicon Dioxide, Sucralose, Acesulfame Potassium.

Snow Cone

Supplement Facts

Serving Size 1 Scoop (7 g)
Servings Per Container 60

Amount Per Serving		% Daily Value
Creatine Monohydrate	5 g	*

* Daily Value (DV) not established.

Other Ingredients: Natural and Artificial Flavors, Citric Acid, Malic Acid, Sucralose, Silicon Dioxide, Acesulfame Potassium.

Southern Lemonade

Supplement Facts

Serving Size 1 Scoop (7 g)
Servings Per Container 60

Amount Per Serving		% Daily Value
Creatine Monohydrate	5 g	*

* Daily Value (DV) not established.

Other Ingredients: Natural Flavors, Malic Acid, Citric Acid, Sucralose, Silicon Dioxide, Acesulfame Potassium.

Orange Splash

Supplement Facts

Serving Size 1 Scoop (7 g)
Servings Per Container 60

Amount Per Serving		% Daily Value
Creatine Monohydrate	5 g	*

* Daily Value (DV) not established.

Other Ingredients: Natural Flavors, Citric Acid, Malic Acid, Sucralose, Silicon Dioxide, Acesulfame Potassium.



Full product information
selfevolve.com