

# SUPPLEMENT FACTS

Serving Size 2 scoops (98g)

Serving Per Container 32

	Amount Per Serving	% Daily Value*
<b>Calories</b>	<b>300</b>	
Calories from Fat	0 g	
<b>Total Fat</b>	<b>0 g</b>	<b>0%</b>
Cholesterol	0 mg	0%
<b>Sodium</b> (as disodium phosphate)	<b>100 mg</b>	<b>4%</b>
<b>Potassium</b> (as dipotassium phosphate)	<b>150 mg</b>	<b>4%</b>
<b>Total Carbohydrate</b>	<b>75 g</b>	<b>25%</b>
Dietary Fibre	0 g	0%
Sugars	75 g	
<b>Protein</b>	<b>0 g</b>	<b>0%</b>
<b>Magnesium</b> (as magnesium phosphate & magnesium creatine chelate)	<b>70 mg</b>	<b>18%</b>
<b>Calcium</b> (from calcium silicate)	<b>100 mg</b>	<b>10%</b>
<b>Phosphorus</b> (from disodium phosphate, dipotassium phosphate & magnesium phosphate)	<b>150 mg</b>	<b>15%</b>
<b>Vitamin C</b> (as ascorbic acid)	<b>250 mg</b>	<b>417%</b>
<b>Creatine</b> (from creatine monohydrate, dcreatine malate, magnesium creatine chelate)	<b>10 g</b>	<b>**</b>
<b>L-Glutamine</b>	<b>4 g</b>	<b>**</b>
<b>Creatine Transport™ Propriety Blend</b>	<b>4 g</b>	<b>**</b>

Taurine, d-pinitol (3-O-methyl-D-chiro-inositol)(pinus species)(wood), glycyocyanine, cinnamon bark extract, R-alpha lipoic acid.

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established.

Other ingredients: Pharmaceutical-grade dextrose, natural and artificial fruit flavors, citric acid, calcium silicate (anti-cake agent), FD & C Red#40.