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> Nutricost Creatine Monohydrate Micronized Powder 500G User Manual

Nutricost NTC-10258

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Brand: Nutricost | Model: NTC-10258

INTRODUCTION

This manual provides essential information for the safe and effective use of Nutricost Creatine Monohydrate Micronized Powder 500G. This high-quality, unflavored supplement is designed to support strength, endurance, and muscle recovery. Each container provides 500 grams of micronized creatine monohydrate, offering 100 servings with 5 grams per serving.



MONOHYDRATE

MICRONIZED CREATINE MONOHYDRATE

5G

PER SERVING

100

SERVINGS

500G

PER CONTAINER

UNFLAVORED

NET WT. 17.9 OZ (1.1 LB) (500 G)
DIETARY SUPPLEMENT



Image: Front view of the Nutricost Creatine Monohydrate Micronized Powder 500G container.

SUGGESTED USE AND DOSAGE

As a dietary supplement, take as directed by your healthcare professional or as follows:

- **Loading Phase (Day 1 through 5):** Mix 1 scoop with 6-10 oz of water and take four times daily.
- **Maintenance Phase (Day 6 forward):** Mix 1 scoop with 6-10 oz of water and take once daily.

To maximize results, drink 8-12 glasses of water daily.



Available in
Multiple Sizes



All Dosed to
3g - 5g



Available in
Powder & Capsules

Image: Product label detailing suggested use, warnings, and manufacturer information.

PRODUCT FEATURES

- High Quality Micronized Creatine Monohydrate
- 500 Grams of Creatine Monohydrate Per Bottle
- 5 Grams Per Serving (Scoop Included)
- Unflavored for versatile mixing
- Vegetarian, Vegan, Non-GMO, Gluten-Free, Dairy-Free, Soy-Free

SAFETY INFORMATION AND WARNINGS

WARNING:

- For healthy individuals 18 years or older.
- Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition.
- Keep out of reach of children.
- Do not use if safety seal is broken or missing.
- Do not exceed recommended use. Improper use will not improve results.
- Side effects may include stomach pain, nausea, diarrhea, bloating, muscle cramping, headaches, elevated liver enzymes, and dehydration if not enough water is consumed. Discontinue use if you experience unwanted side effects.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

STORAGE

Store in a cool, dry place. Contents are sold by weight, not volume. Some settling may occur.

INGREDIENTS

Primary Ingredient: Creatine Monohydrate (micronized)

Other Ingredients: None



Image: Supplement Facts panel for Nutricost Creatine Monohydrate, indicating 5g of micronized creatine monohydrate per serving and no other ingredients.

QUALITY ASSURANCE

Nutricost products are manufactured in a GMP compliant facility and are third-party tested to ensure quality and purity. This product is also Non-GMO, Gluten-Free, and Vegan.



Image: Nutricost quality badges highlighting Vegetarian, Non-GMO, GMP Compliant, Third Party Tested, and Gluten-Free certifications.

SPECIFICATIONS

Attribute	Value
Product Dimensions	4.75 x 4.75 x 5.25 inches
Item Weight	1.1 Pounds (500 Grams)
Item Model Number	NTC-10258
Date First Available	October 9, 2014
Manufacturer	Nutricost
Primary Supplement Type	Creatine
Item Form	Powder
Diet Type	Vegetarian, Vegan
Product Benefits	Muscle Growth, Strength
Age Range Description	Adult
Container Type	Bottle
Dosage Form	Powder
Model Name	Creatine Monohydrate Nutritional Supplement Powder
UPC	810139571629
Total Servings Per Container	100
Flavor	Unflavored
Special Ingredients	Creatine
Material Features	Gluten Free, Vegan
Material Type Free	Non-GMO and Gluten Free
Specific Uses For Product	Strength
Allergen Information	Dairy Free, Gluten Free, Soy Free

WARRANTY AND SUPPORT

Warranty Description: Micronized Creatine Monohydrate

For further assistance or inquiries, please contact Nutricost customer support:

- **Phone:** (866) 438-3694

- **Email:** support@nutricost.com
- **Website:** nutricost.com

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