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THORNE SF903

THORNE Creatine - Micronized Creatine Monohydrate Powder User Manual

Amino Acid Support for Muscles, Cellular Energy & Cognitive Function

1. PRODUCT OVERVIEW

THORNE Creatine is a high-quality, micronized creatine monohydrate powder designed to support various physiological functions. It is unflavored and NSF Certified for Sport, ensuring purity and absence of banned substances.



Image 1.1: THORNE Creatine Monohydrate Powder container.

2. KEY BENEFITS

This product offers several benefits:

- **Muscle Mass:** Creatine is an amino acid that promotes lean body mass and supports increases in muscle endurance, muscle capacity, and power output.
- **Cellular Energy Production:** Creatine helps the cells of the body more efficiently create energy, thus benefiting exercise capacity.
- **Brain Function:** Although creatine is known for its muscle-enhancing benefits, it has also been shown to support cognitive function.
- **NSF Certified for Sport:** Tested for compliance with label claims and to ensure the absence of nearly 300 substances banned by many major athletic organizations.



 Brain / Nerves

 Sports Performance



Thorne's Creatine supports muscle strength and size.* It also promotes muscle performance and enhances cognitive function.*

Image 2.1: Visual representation of THORNE Creatine benefits including brain/nerves and sports performance, alongside the NSF Certified for Sport logo.



Voted best
“Creatine for athletes”
INSIDER

Image 2.2: Recognition as 'Voted best Creatine for athletes' by Insider.

3. INGREDIENTS

Each serving of THORNE Creatine contains:

Supplement Facts

Serving Size	One Scoop (5 g)
Servings Per Container	90
Creatine Monohydrate	5 g

SUPPLEMENT FACTS		
Serving Size: One Scoop (5 g)		
Servings Per Container: 90		
One Scoop (5 g) Contains:		%DV
Creatine Monohydrate	5 g	*
*Daily Value (DV) not established.		

Image 3.1: Detailed Supplement Facts label.

THORNE is committed to effective formulas with high-quality ingredients, free from common allergens and artificial additives.



Committed to Effective Formulas with High Quality Ingredients



Dairy Free



Soy Free



No Artificial Flavors



Gluten Free

Image 3.2: Icons indicating product is Dairy Free, Soy Free, contains No Artificial Flavors, and is Gluten Free.

4. USAGE INSTRUCTIONS

4.1. Suggested Use

Mix 1 scoop (5 g) with at least 8 ounces of water, juice, or your preferred beverage daily. This product can be used 30-90 minutes before or after exercise for muscular benefits. For cognitive benefits, it is suggested to take the daily dose in the morning.

How to Use

Mix 1 scoop with 8 oz. of water or preferred beverage

Take 30-90 minutes before or after exercise for muscular benefits

Take daily dose in the AM for brain benefits

Due to the pureness of our ingredients, powder colors may vary slightly.



5g scoop size

Image 4.1: Visual guide on how to use THORNE Creatine, showing mixing with 8 oz. of liquid and a 5g scoop size.

4.2. Preparation

Due to the micronized nature of the powder, it is designed to mix smoothly. Use a shaker bottle or stir vigorously to ensure complete dissolution. While unflavored, some users may prefer mixing it with flavored beverages or protein shakes to mask any subtle taste.

5. SAFETY INFORMATION

Tamper Evident: Use only if the bottle is sealed.

Pregnancy Warning: If pregnant, consult your health-care practitioner before using this product.

Legal Disclaimer: These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Please contact your healthcare professional immediately if you experience any unwanted side effects. The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. 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.

6. STORAGE AND MAINTENANCE

Store tightly sealed in a cool, dry place to maintain product integrity and prevent clumping.

7. TROUBLESHOOTING

7.1. Mixability Issues

While THORNE Creatine is micronized for smooth mixing, some users may experience slight chalkiness or clumping, especially when mixed with water alone. To improve mixability:

- Ensure adequate liquid (at least 8 oz. per scoop).
- Use a shaker bottle for thorough agitation.
- Mix with protein powder or a flavored beverage to enhance dissolution and taste.

7.2. Taste Perception

THORNE Creatine is unflavored. Some individuals may perceive a subtle, slightly bitter, or "not tasteless" aftertaste. This is normal for unflavored creatine. To mitigate this:

- Mix with juice, a smoothie, or a flavored protein shake.
- The taste is often unnoticeable when combined with other ingredients.

8. PRODUCT SPECIFICATIONS

General Specifications

Attribute	Detail
Brand	THORNE
Flavor	Unflavored
Primary Supplement Type	Creatine Monohydrate
Item Form	Powder
Unit Count	16.0 Ounce
Item Weight	1 Pounds
Product Dimensions (L x W x H)	4.74 x 4.74 x 5 inches
Item Model Number	SF903
Manufacturer	Thorne Research
Date First Available	September 25, 2016
Diet Type	Gluten Free
Age Range (Description)	Adult

For further assistance, please visit the official THORNE website or contact customer support.
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