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Create Creatine Monohydrate Gummies

Create Creatine Monohydrate Gummies User Manual

Model: Creatine Monohydrate Gummies (Blue Raspberry, 90 Count)

1. Introduction

Thank you for choosing Create Creatine Monohydrate Gummies. This manual provides essential information regarding the proper use, benefits, ingredients, and safety precautions for your product. Please read this manual thoroughly before use and retain it for future reference.



Image 1.1: Create Creatine Monohydrate Gummies, Blue Raspberry flavor, 90 count container.

2. Safety Information

WARNING: Keep out of reach of children. Consult your physician before using this product if you are pregnant, nursing, taking medication, or have a medical condition.

- Statements regarding dietary supplements have not been evaluated by the Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure, or prevent any disease or health condition.
- Proposition 65 Warning: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.
- **Allergen Information:** Dairy Free, Gluten Free, Nut Free, Peanut Free, Soy Free.
- **Material Type Free:** Egg Free, Paraben Free, Peanut Free, Soy Free, Wheat Free.

3. Ingredients

Each gummy contains high-quality ingredients formulated for effectiveness and taste.
Primary Ingredients: Creatine Monohydrate, Pectin, Allulose.
Other Ingredients: Sugar, tapioca syrup, fractionated coconut oil; contains 2% or less of: allulose, carnauba wax, citric acid, natural flavors, pectin, spirulina extract (color).

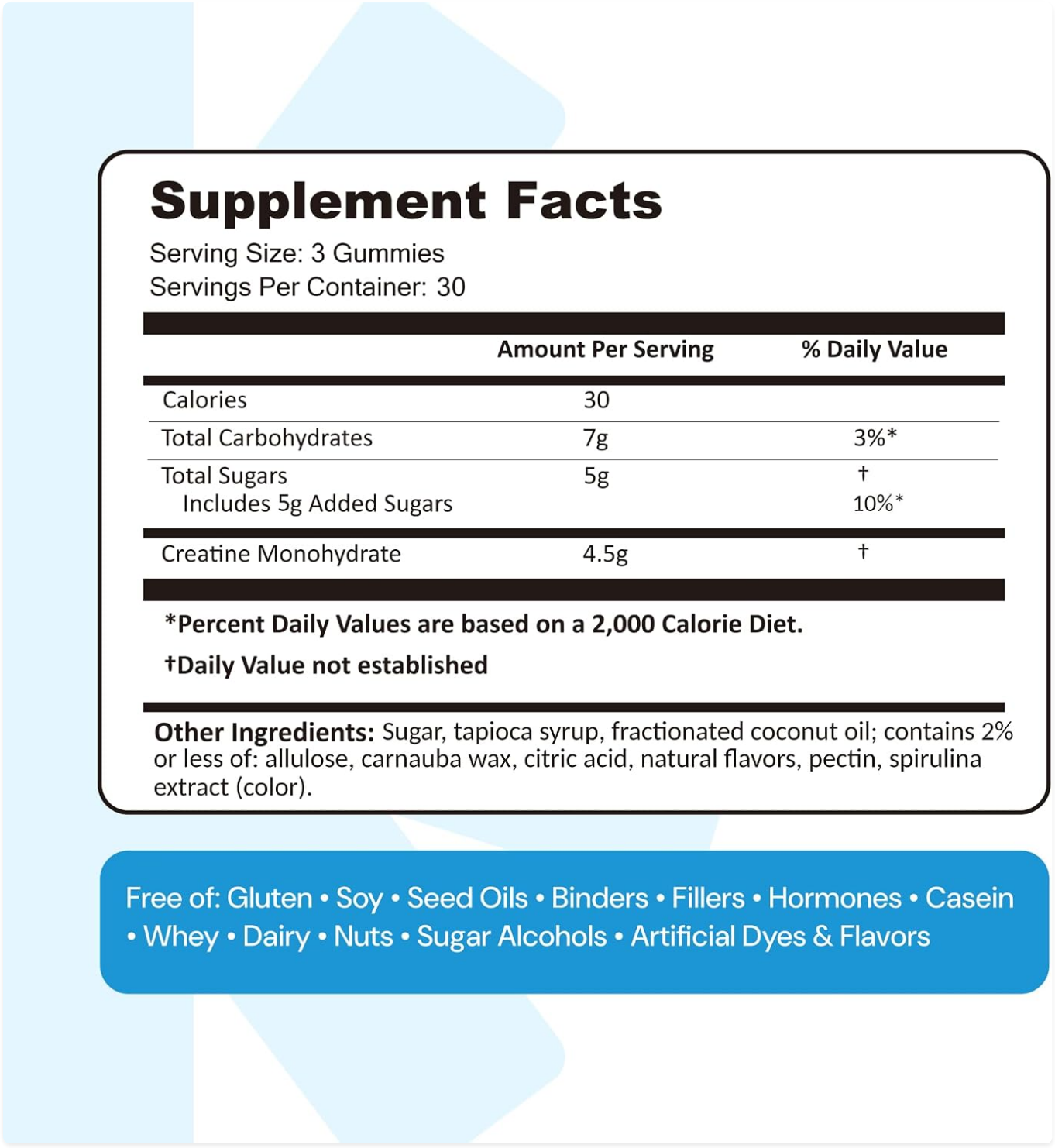


Image 3.1: Detailed Supplement Facts panel for Create Creatine Monohydrate Gummies.

4. Usage Instructions

For optimal results, follow these guidelines:

1. **Serving Size:** Take 3 gummies per day.
2. **Dosage:** 3 gummies deliver a precise 4.5g serving of Creatine Monohydrate.
3. **Timing:** Can be taken anytime of day. Consistency is key for creatine to be effective.

4. **Method:** Chew thoroughly before swallowing. No mixing or preparation required.

5. Product Benefits

Create Creatine Monohydrate Gummies are designed to support various aspects of your health and performance:

- **Strength and Power:** Supports muscle strength and power output during physical activity.
- **Energy:** Aids in cellular energy production, helping you get more out of your day.
- **Recovery:** Supports muscle recovery after exercise.
- **Brain Health:** Research links daily creatine supplementation to improved memory and mental performance.

6. Storage and Maintenance

To maintain the quality and freshness of your gummies:

- Store in a cool, dry place away from direct sunlight.
- Keep the container tightly sealed when not in use.
- The anti-melting formula helps maintain freshness, ensuring the last gummy is as good as the first.

7. Specifications

Attribute	Detail
Brand	Create
Product Name	Creatine Monohydrate Gummies
Flavor	Blue Raspberry
Unit Count	90 Count
Servings Per Container	30
Item Form	Gummy
Primary Supplement Type	Creatine
Diet Type	Gluten Free, Plant Based, Vegan, Vegetarian
Age Range Description	Adult
Container Type	Tub
Package Dimensions	5.71 x 3.7 x 3.58 inches
Item Weight	16 ounces (1 pound)
UPC	197644536610
ASIN	B0CP9XPYX6

8. Troubleshooting

If you experience any unexpected effects or have concerns about using this supplement:

- Discontinue use immediately.
- Consult a healthcare professional or your physician.
- Ensure you are following the recommended dosage and not exceeding it.

9. Manufacturer Support

For further assistance, questions, or concerns regarding your Create Creatine Monohydrate Gummies, please contact the manufacturer, Create Wellness Inc., directly through their official channels or visit their store page on Amazon.
Manufacturer: Create Wellness Inc.
Amazon Store: Visit the Create Store

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