

TRAINING BASIC

MUSCLE RECOVERY*



60 SERVINGS

CREATINE MONOHYDRATE

BASIC TRAINING SERIES®

5G PER SERVING



Supplement Facts

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

	Amount Per Serving	%DV
Creatine (as Creatine Monohydrate)	5g	**

**Daily Value (DV) not established.

Distributed by: Redcon1, LLC 701 Park of Commerce Blvd., Suite 101
Boca Raton, FL 33487 TEL: 1(855) 733-2661

WARNING: This product is intended to be consumed by healthy adults 18 years of age or older. Do not use if you are pregnant, nursing, taking any prescription or over-the-counter medications or supplements, or if you have or suspect you may have a medical condition. Consume ample amounts of water while taking this product. As with any dietary supplement, consult a healthcare professional before using this product. Discontinue 2 weeks prior to surgery. Immediately discontinue use and consult a healthcare professional if you experience any adverse reactions. KEEP OUT OF REACH OF CHILDREN.

STORE AT 59-86 °F (15-30 °C). PROTECT FROM LIGHT AND MOISTURE. PRODUCT DOES NOT COMPLETELY FILL THE CONTAINER. SETTLING OCCURS IN SHIPPING.



MUSCLE RECOVERY*



5 GRAMS PER SERVING

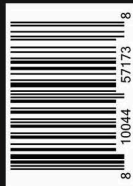


ATHLETIC PERFORMANCE*

Bt Basic Training
DIETARY SUPPLEMENT

Net Wt. 10.58 oz (300g)

REDCON1.COM



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THE OBJECTIVE:

Creatine Monohydrate is one of the most studied tried and true dietary supplements on the market. Used both pre and post-workout, Creatine Monohydrate helps to improve athletic performance through ATP production, supporting both muscular strength and muscular endurance.*

CREATINE SUGGESTED USE:

As a dietary supplement, mix one scoop (5g) with 8-10 fl. oz of water or your favorite sports drink immediately following your workout. For best results, take pre and post-workout. Consume ample amounts of water while taking this product.

*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.

