

CREAMAX CAPSULES

Serving size: 6 capsules

Servings per Container: 48

Amount per serving: creatine monohydrate 2000mg
L-glutamine 2000mg
L-aurine 2000mg

Other Ingredients: gelatin and magnesium stearate.

Directions: Take 6 capsules twice daily, evenly spaced between meals. For optimum results, take with 8 oz (237 mL) of fruit juice.