

KLEAN CREATINE



Klean Creatine supports muscle strength, performance, and recovery. If you take part in sports that require bursts of intense and repeated muscle power, creatine is clinically studied to help you increase your body strength, build muscle mass, and recover more quickly from strenuous exercise.*

SPECIAL FEATURES:

- Supports muscle strength, performance and recovery*
- Promotes growth factor signaling and glycogen storage to support gains in muscle strength*
- Supports quick conversion of ADP to ATP energy*
- Helps reduce recovery time*



FORMULAS
BACKED BY SCIENCE



POWERING PEAK
PERFORMANCE



COMMITTED
TO CLEAN



NSF CERTIFIED
FOR SPORT®

PRODUCT DETAILS:

Formula: KA57692P-315

Take 5 g daily with plenty of water or liquids, at the same time daily for optimal effects.

Mix 1 scoop daily with 8 oz. of water or beverage of choice. For best results, take this product with a carbohydrate-containing beverage or food 30 minutes before exercise, or immediately following exercise with a recovery beverage such as Klean Recovery.

On rest days, take 1 serving daily with a meal or as directed.



Gluten Free



GMO Free



Vegetarian



Vegan

Serving Size 1 Scoop (Approx. 5 g)

Servings Per Container Approx. 60

Amount Per Serving

Creatine Monohydrate.....5 g

Join us on Instagram!

- Share your story
- Learn creative ways to incorporate product into your diet
- Get training tips from Pros
- Plus much more at @kleanathlete



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about Klean Athlete

DOUGLASLABS.COM/KLEANATHLETEPRO | 800-245-4440

@kleanathlete



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*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.

klean
ATHLETE
NUTRITIONAL SUPPLEMENTS

