

# MUTANT<sup>®</sup>

Leave Humanity Behind!

**300g [10.6oz]**

**75 Servings**  
CREATINE FOOD SUPPLEMENT

# CREAKONG

## KONG SIZED CREATINE BLEND

**MUTANT CREAKONG** delivers only real creatines from the world's leading creatine sources. Creapure<sup>®</sup> creatine monohydrate is patented and widely regarded as the leader in creatine. **CREAKONG** also uses the Creapure brand of Tri-Creatine Citrate, and a patented magnesium-chelated creatine – Creatine MagnaPower.<sup>®</sup> **CREAKONG** – real creatines only & zero fillers – get real and show your muscles you mean business!

### Nutrition Information

Servings Size: 1 scoop (4g) Servings Per Container: 75

Typical Values	Per 4g	Per 100g
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MUTANT <sup>®</sup> CREAKONG Creatine Blend	4g	100g
Creatine Monohydrate, Creatine-Magnesium Chelate, Tri-Creatine Citrate		
[Creapure <sup>®</sup> is a registered trademark of Alzchem.		
Creatine MagnaPower <sup>®</sup> (US Patent # 6,114,379) is a registered trademark of Albion Laboratories, Inc.]		

**ALLERGY ADVICE:** Produced in a facility that handles ingredients from: wheat, egg, milk, peanut, soya, nut (hazelnut).

**RECOMMENDED USE:** As a food supplement for adults performing high intensity exercise, take one full scoop (4g) 20–30 minutes before workout with at least 250–375 mL (~8–12 fl. oz.) of water.

**MUTANT RESEARCH NOTES:** Creatine increases physical performance in successive bursts of short-term, high intensity exercise. Beneficial effect is obtained with a daily intake of 3g of creatine. (EFSA 2012).

**WARNINGS:** Read the entire label before use and follow directions carefully; this product may not be right for you. **STORE OUT OF REACH OF YOUNG CHILDREN.** For adult use only. Not recommended for children or pregnant or nursing women. Food supplements are intended to supplement the diet and should not be used as a substitute for a varied diet. A varied and balanced diet and healthy lifestyle are essential for good health. Do not exceed recommended serving. Use only as directed at your own risk. Consult a health care practitioner prior to use if you have a kidney disorder. For occasional use only. Do not use this product for longer than 8 weeks in a row at one time, and if so make sure that usage is followed by a 4 week off-period. Consult your physician prior to use if you are taking any medication. Consult a physician before starting any diet or exercise program. **DO NOT USE IF PACKAGING HAS BEEN TAMPERED WITH. STORE IN A COOL, DRY PLACE.**



NPN 80047721

- **FOR HIGH INTENSITY EXERCISE<sup>†</sup>**
- **INCREASES PERFORMANCE<sup>†</sup>**
- **NO FILLERS**



MADE IN CANADA  
DISTRIBUTED BY: FIT FOODS<sup>™</sup> LTD.  
PORT COQUITLAM, BC CANADA V3C 6L5

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[info@iammutant.com](mailto:info@iammutant.com) | 1.888.337.0127

MUT-PP-170403 L-2365EX-001