

MUTANT[®]

Leave Humanity Behind!

300g [10.6oz]
75 Servings

CREAKKONG

KONG SIZED CREATINE SUPPLEMENT

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

Supplement Facts

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

Amount Per Serving	% Daily Value*
MUTANT[®] CREAKKONG Creatine Blend 4g	**
Creatine Monohydrate, Creatine-Magnesium Chelate, Tri-Creatine Citrate	

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Produced in a facility that also handles ingredients from: milk, egg, wheat, peanut, soy, tree nut (hazelnut).

RECOMMENDED USE: As a dietary supplement for adults performing high intensity exercise, take one full scoop (4g) 20–30 minutes before workout with at least 8–12 fl. oz. (240–360 mL) of water.

MUTANT RESEARCH NOTES: Creatine increases fat-free muscle size when used in conjunction with a resistance training regimen and increases physical performance in successive bursts of short-term, high intensity exercise. (Okudan and Gökbel 2005; Brose et al. 2003; Preen et al. 2003; Bemben et al. 2001; Volek et al. 1999; Vandenberghe et al. 1997).†

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.

† 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.



- CREATINES THAT WORK[†]
- FOR KONG-SIZED POWER[†]
- NO FILLERS



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