

# CON-CRĒT®

The World's First & Only Pure  
**CONCENTRATED  
CREATINE**

**PROVEN: BEST PRE-WORKOUT PRODUCT**

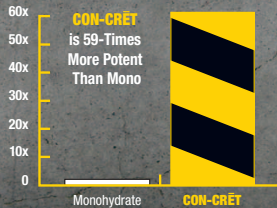
**MICRO-DOSING™...**  
Smaller Doses, Superior Results  
& No Side Effects!

[www.CON-CRĒT.com](http://www.CON-CRĒT.com)

**WHY CREATINE?** It's an essential molecule for the body's process of making functional energy. It catalyzes "fuel" for every cell in the body. However, many people's diets often lack natural creatine and therefore supplementation is advised to increase or maintain overall health, and is critical for muscle strength, endurance and recovery when exercising.

**WHY CON-CRĒT?** Six years of research has produced the most potent and soluble creatine on the market. The result is CREATINE MICRO-DOSING™ which maximizes bio-availability and does away with the negative side effects (cramping, water retention, bloating and diarrhea) of other inefficient creatine supplements that require massive doses.

**WHY IS CREATINE SOLUBILITY IMPORTANT?**  
Because if it doesn't dissolve, it doesn't get into your bloodstream and into your cells (solubility = potency).



#### POTENCY

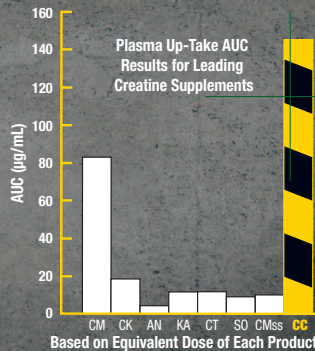
This in-vitro Division I university-based study demonstrates the potency (solubility/bio-availability) of CON-CRĒT. One CON-CRĒT capsule has the potency of 5-10 grams of creatine monohydrate.

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#### SUPERIOR PLASMA UPTAKE WITHOUT SIDE EFFECTS.

For the first time in over twenty years of formal academic creatine research, convincing evidence has shown a significant improvement in creatine plasma uptake.

In this peer-reviewed, Division I university-based, double-blind, placebo-controlled, balanced crossover, in-vivo study, CON-CRĒT demonstrated superior uptake when compared to creatine monohydrate and other leading creatine products.



**CON-CRĒT'S UPTAKE MAKES ALL OTHER CREATINE PRODUCTS OBSOLETE.**

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# CON-CRĒT®

The World's First & Only Pure  
**CONCENTRATED  
CREATINE**

**CAPSULES**

**59 TIMES MORE POTENT THAN STANDARD CREATINES**



**MICRO-DOSING™**  
Based on Body Weight

**Strength • Endurance • Recovery**  
No Loading – No Side Effects

PATENT PENDING

48 CAPSULES (750 mg each)

#### Supplement Facts

Serving Size 1 Capsule (750 mg)  
100 pounds body weight

Servings Per Container

Ingredients 100% Concentrated

#### Calories

#### Other Ingredients

All natural CON-CRĒT has no sugars, no fillers, no preservatives, no extenders or excipients.

**Recommended Use:** Take 1 hour prior to workout or competition. Can take on an empty stomach. Can mix with protein. No need to stack creatine products. Maintain adequate hydration.

#### MICRO-DOSING™: No loading or cycling required.

- Normal workouts: 1 capsule per 100 lbs. body weight.
- Intense workouts: 1-2 capsules per 100 lbs. body weight.
- Off days: take 1 capsule per 100 lbs. body weight to assist in muscle recovery.

**Safety:** As with any supplement product maintain adequate hydration. CON-CRĒT is not a steroid, legal, and natural. CON-CRĒT is made in the USA and complies with cGMP.

These statements have not been evaluated by the FDA & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CON-CRĒT complies with all drug and doping standards issued by professional and amateur sports organizations.

\*Creatine HCl

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**PROMERA**  
health  
*The science of strength and wellness*

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