



## Capsule Packing Statistics

Letco Product: Creatine Monohydrate  
Item Number(s): 692303, 692304

Capsule Size	#000	#00	#0	#1	#2	#3	#4	#5
grams (g)	1.325	0.876	0.615	0.449	0.332	0.274	0.193	0.121

- Amounts listed in grams (g) per capsule.
- Packing statistics can vary from lot to lot, when using material from different suppliers and user technique.
- For best results, determine capsule packing rates for each new lot of chemical.

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