

CREATINE



- ✓ 100% absolutely pure Creapure® creatine for optimal reabsorption
- ✓ For better performance during strength training and other intense physical activities
- ✓ Increased muscle volume due to increased water retention in muscle cells
- ✓ Suitable for Vegetarians ✓ Aspartame-free
- ✓ Lactose-free

NUTRITION INFORMATION:

Nutrition Information per	100g	5 g*
Energy	<50 kJ / 12 kcal	<50 kJ / 12 kcal
Contains negligible amounts of fat, saturated fatty acids, carbohydrates, sugar, protein and salt.		
Energy per 100 ml ready-to-drink product with water: 0 kJ/0 kcal.		
*Serving Size		

INGREDIENTS:

100% Creatine Monohydrate Powder. **May contain traces of Milk Protein, Soya and Egg.**

NUTRITION TIP:

Instructions for use: Take 3 g daily (1/2 teaspoon), preferably before or after training with 150 ml water or fruit juice.

Caution: Not suitable for children and minors! Taking Creatine Monohydrate can lead to weight gain due to increased water deposits in the muscles and increases physical performance in successive bursts of short-term, high intensity exercise. This product should be taken as part of a varied and balanced diet and in conjunction with a healthy lifestyle.

Store in a cool, dry place.

FLAVOUR:

Neutral

PACKAGING:

500 g Tub - 166 servings



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