



EST. 1977

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 VALUES:

Nutritional Information	Serving*
100% Creatine Monohydrate	3411 mg
- of which Creatine	3000 mg

*per 3.4 g serving when mixed with 150ml of water

INGREDIENTS:

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

RECOMMENDED USAGE:

Food Supplement. Creatine Monohydrate Powder. Instructions for use: Take 3.4 g daily (1 heaped measuring spoon) mixed with 150ml of water and drink preferably before or after training. Caution: Creatine increases physical performance in successive bursts of short-term, high intensity exercise. The beneficial effect is obtained with a daily intake of 3 g of creatine. The recommended daily dose of one serving should not be exceeded. Keep out of children's reach. Dietary supplements are not a substitute for a balanced and varied diet. Recommended intake: 1 serving per day. The recommendation is valid for the period of 6 weeks. Then take a break of 2-4 weeks. Store in a cool, dry place.

FLAVOUR:

Neutral

PACKING:

Content: 500g e