



EST. 1977

# CREATINE POWDER

- 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	3400 mg
- of which Creatine	3000 mg

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

## INGREDIENTS:

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

## RECOMMENDED USAGE:

**Food Supplement. Creatine Monohydrate Powder. Instructions for use: Take 3.4 g daily (1 level 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.**

## FLAVOUR:

## PACKING:

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