

CREATINE

Nutritional Information

Food supplement with creatine monohydrate.

Ingredients: Creatine monohydrate (100 %).

Average nutritional values	per 100 g	per serving (3,4 g)
Energy	0 kJ 0 kcal	0 kJ 0 kcal
Fat of which saturates	0 g	0 g
Carbohydrate of which sugars	0 g	0 g
Protein	0 g	0 g
Salt	0 g	0 g
Other substances		
Creatine monohydrate (Creapure)®	100 g 88 g	3,4 g 3,0 g
of which creatine		

Use: For 1 serving stir 3,4 g of **Creatine** powder (= 1/3 measuring spoon) in water or in a beverage with carbohydrates like fruit juice. Take 1 serving per day for 4 weeks. Make a break after this period for 4 weeks.

Important information:

Creatine powder should not be used a substitute for a varied and balanced diet and a healthy lifestyle. The product is not suitable for children and adolescents. Store out of reach of young children. Do not exceed the stated recommended daily dose. The maximum dose of creatine should not exceed 3 g per day (delivered by one serving of **Creatine** powder) in any case. Creatine is not suitable for permanent use. Weight gain is possible if you use it permanently.

Creatine increases physical performance during short-term, high-intensity, repeated exercise bouts. In order to obtain the claimed effect 3 g of creatine (delivered by one serving of **Creatine** powder) should be consumed daily.

Contents: 500 g (= 147 servings)