

PRODUCT SPECIFICATION

1. Product identification

Product name	CREATINE POWDER
Flavour	Neutral
Product designation	Food supplement. Powder with creatine monohydrate.
Item number	9073
EAN	4044191005747
Net weight	500 g
Serving size	3.4 g (= 1/2 measuring scoop)
Servings per container	approx. 147 servings

2. Product description

CREATINE POWDER consists of 100% creatine monohydrate. The neutral-tasting powder can be mixed with water or a carbohydrate-containing beverage and incorporated into a daily sports nutrition routine. One 3.4 g serving contains 3 g of creatine.

3. Composition and allergens

Ingredients	Creatine monohydrate.
Allergens	Contains no allergens subject to mandatory declaration according to the present recipe.

4. Average nutritional values

Average nutritional values	per 100 g	per serving (3.4 g)
Energy	0 kJ / 0 kcal	0 kJ / 0 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	0 g	0 g
of which sugars	0 g	0 g
Protein	0 g	0 g
Salt	0 g	0 g

5. Other substances

Other substances	per 100 g	per serving (3.4 g)
Creatine monohydrate	100 g	3.4 g
of which creatine	88 g	3.0 g

6. Recommended use

For one serving, mix 3.4 g (= 1/2 measuring scoop) of CREATINE POWDER with water or a carbohydrate-containing beverage, such as fruit juice. Take one serving daily for four weeks. Then take a four-week break.

7. Important information

- This product is not a substitute for a varied and balanced diet and a healthy lifestyle.
- The product is not suitable for children or adolescents. It is intended only for adults who engage in intense physical exercise.
- Keep out of reach of young children.
- Do not exceed the stated recommended daily dose. The daily intake must be limited to 3 g of creatine, provided by one serving of CREATINE POWDER.
- Creatine is not suitable for long-term use. Regular consumption may result in weight gain.

8. Storage and shelf life

Storage	Store in a cool, dry place.
Best before / lot number	See bottom of container.
Packaging information	Packaging 100% recyclable.