

CREATINE (Creapure<sup>®</sup>) is a high purity creatine monohydrate that favors the increase of phosphocreatine deposits, ideal in interval efforts and high intensity. Powdered dietary supplement made of creatine monohydrate (Creapure<sup>®</sup>).

## INGREDIENTS:

Creatine monohydrate (> 99,9% purity) (Creapure®).

## INSTRUCTIONS:

Take 3 g daily directly into the mouth or dissolved in 100 ml of water, drink immediately. Contains measurer.

INUTRITIONAL INFORMATION:	Por 100 g	3 g
Energy value	0 kJ / 0 kcal	0 kJ / 0 kcal
Fats Of which:	0 g	0 g
Saturated fatty acids	0 g	0 g
Carbohydrates Of which:	0 g	0 g
Sugars	0 g	0 g
Proteins	0 g	0 g
Salt	0 g	0 g

AMINO ACIDS:		
Creatine monohydrate	100 g	3 g

**RECOMMENDED DOSE:** 3 g/day.

**INET WEIGHT:** 300 g powder (100 services).

## WARNING:

Keep out of reach of young children. Keep in a cool, dry place away from direct light. Food Supplements must not be used as substitutes to a balanced, varied diet and a healthy life style. Do not exceed the recommended daily dose.



PERIODICAL





PRODUCT MANUFACTURED WITH CERTIFIED Supplier under regulations:

