



CREATINE MONOHYDRATE UNFLAVOURED, 100% CREATINE MONOHYDRATE CONTAINING FOODSTUFF INTENDED TO MEET THE EXPENDITURE OF INTENSE MUSCULAR EFFORT, ESPECIALLY FOR ATHLETES.

INSTRUCTIONS FOR USE: AS A FOOD SUPPLEMENT, MIX ONE TEASPOON (5 G) WITH WATER IMMEDIATELY FOLLOWING YOUR WORKOUT. FOR BEST RESULTS TAKE PRE AND POST WORKOUT.

STORAGE CONDITIONS: KEEP OUT OF REACH OF CHILDREN. STORE BOTTLE TIGHTLY CLOSED BETWEEN 5-30°C (41-86°F). KEEP AWAY FROM DIRECT HEAT, MOISTURE AND SUNLIGHT. AFTER OPENING DO NOT STORE THE PRODUCT MORE THAN 6 MONTHS. DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING.

BEST BEFORE: SEE THE DATE INDICATED IN THE LOT/EXP FIELD.

CREATINE MONOHYDRATE

INSTANTIZED CREATINE POWDER
FOR BETTER ABSORBING
INCREASED PHYSICAL PERFORMANCE

NET WEIGHT:
500 G

NUTRITION FACTS

PORTION SIZE: 1 TEASPOON (5 G) / PORTIONS PER CONTAINER: 100

CONTENT	PER 100 G	PER PORTION	%RI* /PORTION	PER DAILY PORTION	%RI* /DAILY PORTION
ENERGY	1300 KJ/ 300 KCAL	65 KJ/ 15 KCAL	1%	130 KJ/ 30 KCAL	2%
FAT	0 G	0 G	0%	0 G	0%
OF WHICH					
- SATURATES	0 G	0 G	0%	0 G	0%
CARBOHYDRATE	0 G	0 G	0%	0 G	0%
OF WHICH					
- SUGARS	0 G	0 G	0%	0 G	0%
PROTEIN	0 G	0 G	0%	0 G	0%
SALT	0 G	0 G	0%	0 G	0%
CREATINE MONOHYDRATE	100 G	5000 MG	†	10000 MG	†

*RI: REFERENCE INTAKE OF AN AVERAGE ADULT (8400 KJ/ 2000 KCAL) †: RI NOT ESTABLISHED.

INGREDIENTS: 100% CREATINE MONOHYDRATE.



Made in EU.
Formulated and Manufactured
for Titanium Muscle



LOT/EXP.