

PRODUCT INFORMATION

Creatine increases physical performance in successive bursts of short-term, high intensity exercise. This beneficial effect is obtained with a daily intake of 3 g creatine. Creapure® is the premium brand of creatine worldwide and meets high standards of quality, safety and effectiveness.

NUTRITION INFORMATION

Each capsule provides: 700 mg Creapure® Creatine Monohydrate.

INGREDIENTS

Creapure® Creatine Monohydrate, Hard Gelatine Capsule (Bovine Gelatine).

INSTRUCTIONS FOR USE

Take 2 capsules 3 times daily with water on an empty stomach.

Guidance notice: This product is a food supplement and should be used in conjunction with food as part of a healthy and varied diet, not as a substitute for such. Recommended consumption is six capsules per day. Do not exceed the stated recommended daily dose. **Keep out of reach of young children.**

The ingredients of this product may originate from countries other than the UK.

Capsule size

Creapure® is a registered trademark of AlzChem AG.



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CAPSULES

REFLEX

NUTRITION

STRENGTH & PERFORMANCE

 Creapure® CREATINE

Manufactured in the UK by:
Reflex Nutrition Ltd
The Science Park
Sea View Way
Brighton
BN2 6NT
ReflexNutrition.com



ReflexNutritionLtd



@ReflexNutrition



STORE IN A COOL DRY PLACE

MADE

BEST BEFORE END

LOT:

820 1 011 0090 00 04

07/02/2017