

INGREDIENTS 100 % Creapure® Creatine Monohydrate.

INSTRUCTIONS FOR USE

Loading phase: Take 5 g (approximately one level 5 ml measure†) and mix with 500 ml of water, fruit juice or meal replacement 4 times a day at regular intervals for 5 days.

Maintenance: Take 5 g (approximately one level 5 ml measure†) and mix with 500 ml of water, fruit juice or meal replacement. Consume one serving daily.

†A measuring scoop is included in this container but may settle to the bottom during transit. The scoop included in this product measures by volume not by weight, for precise measurements please use measuring scales. This product is sold by weight not by number of servings.

Guidance notice: This product is a food supplement and should be used in conjunction with food as part of a healthy balanced diet, not as a substitute for such. This product is not intended to diagnose, cure or prevent any disease. This product is not intended for use by persons under the age of 16. Keep out of reach of young children. Not to be used by pregnant or lactating mothers. Do not exceed the stated daily dose.

Creapure® creatine monohydrate originates from AlzChem in Trostberg, Germany.

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NUTRITION

20
SERVINGS

Creapure®
CREATINE

MUSCLE & STRENGTH

Creapure®, the purest creatine available

Food supplement powder.

Best before end: See lid, side or base.

100 g e

Manufactured in an Informed-Sport
registered UK site by: Reflex Nutrition
Ltd, The Science Park, Sea View Way,
Brighton, BN2 6NT reflex-nutrition.com



STORE IN A COOL DRY PLACE

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